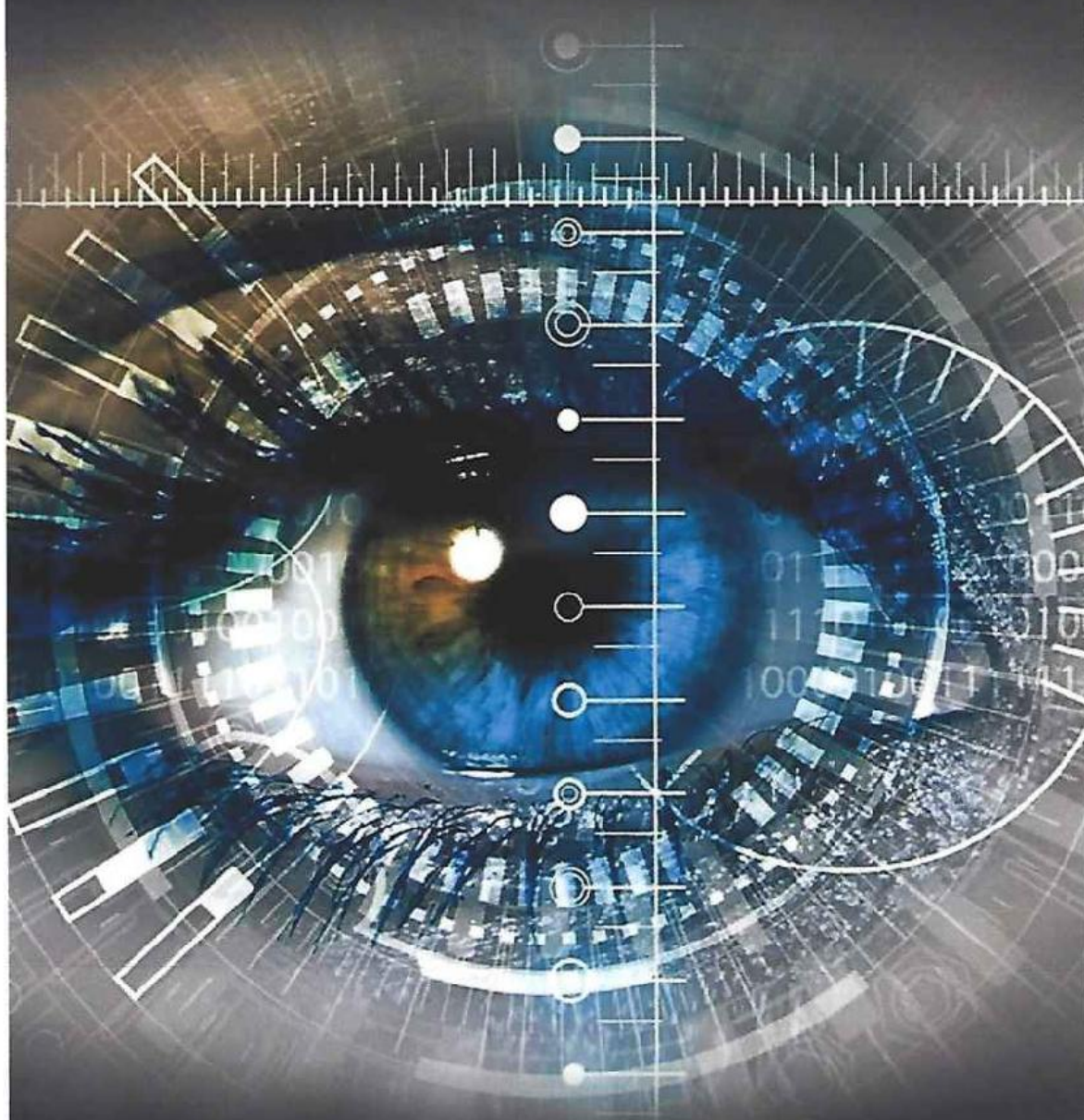


TACTICAL REMOTE VIEWING



ANGELA THOMPSON SMITH PH.D.

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First Printing, March 2019

ISBN: 978-1794055223

Cover Design by Daz Smith darryl@nethed.com



Also published by Angela Thompson Smith:

'Remote Perceptions: Out of Body Experiences, Remote Viewing, and Other Normal Abilities,' 2nd Ed., 2017, Triangulum Publishing. (1st edition; 1998 by Hampton Roads Publishing).

'Voices from the Cosmos,' with co-author C. B. Scott Jones Ph.D. 2014, Headline Books.

'Seer: 30 Years of Remote Viewing; and Counting,' 2017, Triangulum Publishing.

'Colombia Quest,' 2018, Triangulum Publishing.



Tactical:

“Involving or pertaining to actions, ends, or means that are immediate or short-term in duration, and/or lesser in importance or magnitude, than those of a strategy or a larger purpose.”

Remote Viewing:

For more than 100 years, scientists have attempted to determine the truth or falsity of claims for the existence of a perceptual channel whereby certain individuals are able to perceive and describe remote data not

presented to any known sense. This paper presents an outline of the history of scientific inquiry into such so-called paranormal perception and surveys the current state of the art in parapsychological research in the United States and abroad. The nature of this perceptual channel is examined in a series of experiments carried out in the Electronics and Bioengineering Laboratory of *Stanford Research Institute*.

The perceptual modality most extensively investigated is the ability of both experienced subjects and inexperienced volunteers to view, by innate mental processes, remote geographical or technical targets including buildings, roads, and laboratory apparatus. The accumulated data indicate that the phenomenon is not a sensitive function of distance, and Faraday cage shielding does not in any apparent way degrade the quality and accuracy of perception. Based on this research, some areas of physics are suggested from which a description or explanation of the phenomenon could be forthcoming.

[Proceedings of the IEEE](#) (Volume: 64 , [Issue: 3](#) , March 1976) H.E. Puthoff. R. Targ.



Why Tactical Remote Viewing?

There are several different methods of remote viewing (RV). Ingo Swann, the originator of the term Remote Viewing (RV) used an intuitive ability that he called Spontaneous Remote Viewing. This natural method was later expanded at Stanford Research Institute (SRI) in the 1970s to enable remote viewing to be researched and studied. It was further developed into the Out-bounder, Coordinate, Encrypted Coordinate and similar protocols. These methods were developed specifically for research purposes.

The terms that were used during the early development of RV were military in nature because much of the funding originated with the US government with military oversight committees. For example, much of early parapsychology research was funded by the *Office of Naval Intelligence* (ONR) and the *Central Intelligence Agency* (CIA). As military terminology was used during these early formative years, it has continued to be used in the RV protocols developed since then.

When RV was first researched at SRI, the group was already investigating paranormal (psi) topics led by Dr. Harold “Hal” Puthoff and funded by the CIA. Later the CIA, NSA, DIA and other government agencies provided oversight and funding to the remote viewing program.

According to its website, SRI is “An independent, nonprofit research center that works with clients to take the most advanced R&D from the laboratory to the marketplace. Serving government and industry, we collaborate across technical and scientific disciplines to generate real innovation and create high value for our clients. We invent solutions that solve your most challenging problems today and look ahead to the needs of the future.”

When the military became interested in RV, Dr. Hal Puthoff and Ingo Swann formulated a specific protocol called Controlled Remote Viewing (CRV) that used a sequential, written and verbalized, protocol for accessing and recording perceived intuitive information. The military further

developed remote viewing over a 20-year period adding to the terms used in the protocol, such as “accessing the target.” So, the use of the word tactical is in keeping with this history.

The US Army sent small groups of soldiers to SRI for initial training and then to Manhattan, NY to train with Ingo Swann. This, eventually, led to the formation of a formal research and applications unit located at Fort Meade in Maryland. Operating under the oversight of military and government agencies, the group eventually (and popularly) came to be known as the Star Gate Unit. As military members left the Unit and set up independent training schools, many of them subtly changed the protocols and renamed the methods.

Prior to the development of CRV, the military utilized a modified version of the SRI Coordinate protocols at Fort Meade, that they termed Extended Remote Viewing (ERV). ERV utilized an individual, a monitor, who ensured that the remote viewer remained in an altered state of consciousness, continued to verbalize their perceptions and stayed on task. Today ERV is interpreted in several different ways but can be thought of as a “stream of consciousness” method. CRV, ERV and associated methods can also be used solo without a monitor.

Many writers have documented the military and government involvement with remote viewing and a good place to begin is with Dr. Paul H. Smith’s excellent book, *‘Reading the Enemy’s Mind: Inside Star Gate; America’s Psychic Espionage Program.’* Forge, 2005.

I was instructed in Controlled Remote Viewing with military-trained remote viewers Dr. Paul H. Smith (RVIS) and Lyn Buchanan (PSI) in the mid-1990s and have continued my education and involvement up to the present day. In 1999, I was honored to be part of the formation of the International Remote Viewing Association (IRVA) and was one of the Founding Members and Directors. Now, as the Director of *Mindwise Consulting* in Boulder City, NV, I teach a remote viewing Master Class that takes viewers beyond simple RV tasks to team collaboration in real-life applications projects.

Following the 911 disasters, many established remote viewers were contacted, both by the media and government representatives, for comments and remote viewing projects. For example, I was emailed by someone calling himself just “Navy Frank,” (who I was assured, by those “in the know,” that he was legitimate.) I was tasked and completed three “blind”

sessions: that is, without any up-front information except for an alphanumeric coordinate (the focus of the target: such as 891GHY). This coordinate did not give any information about the target.

When viewers carry out such RV sessions, they are often humanitarian-based, unpaid, and the viewers are typically not given any feedback except for perhaps a “Thank you, that was helpful.” Over the years there have been multiple requests to myself and the NRVG from civilian, business, military and government to carry out remote viewing work and the most notable was my major business client.

At the beginning of 2003 I was referred to a New York businessman who was searching for a trained remote viewer who would be willing to work with him on strategic business projects. A preliminary telephone call with this innovative man and a small pilot project led to an amazing nine-year journey. The businessman, who always wished to remain anonymous, will be referred to as Jay, in this book. While he always downplayed his role at the forefront of the financial world, it was learned a decade later, that Jay was the owner and CEO of a series of inter-related American and international companies that acquired, analyzed and reported strategic information, not only for the financial industry but for the US government and the military. Initially, Jay paid for individual remote viewing sessions but for the final few years I was on retainer with his main NY company.

The following Project Reports were some of the preliminary ventures carried out for Jay. In 2003, he requested the input of a team of remote viewers and these was some of the first collaborations carried out by the newly-formed Nevada Remote Viewing Group (NRVG). During their time working for the NRVG, the viewers adopted aliases/initials, and these have been used in the following project reports. Projects proposed by Jay focused mainly on general, business and personal issues. Of the hundreds of projects carried out for Jay over the nine-year period, only a small selection is reported here.

The first projects in February 2003, began a process of almost continual work until December of 2012. Including myself, there were, initially, ten NRVG members; seven women and three men. Not all had been formally trained but all were highly intuitive and reliable. Whenever possible, I contributed my services as a viewer, as well as a session manager, completing my sessions before sending the tasking out to the signed-up viewers (who were not aware of my perceptions).

Over the years I have worked everything from double-blind research sessions to fully front-loaded projects, from examining the form and function of the atom and out to the Rings of Saturn, setting aside what is known to look for new and unknown information. As well as working for Jay, I was contracting with private, and corporate clients, as well as individuals within the government and military.

Mindwise Consulting and the NRVG were actively working for Jay for just over a year when the client suggested that he work with individual viewers, whom he deemed most talented and productive. The remaining NRVG viewers transitioned to working with other clients and, over the decades, have worked on some amazing humanitarian and business projects including locating humanitarian aid workers during the 2010 Haiti Earthquake, assisting in the solving of a murdered DJ in California, and searching for the last location of Amelia Earhart. Recent discoveries in the Pacific Marianas Islands have validated all the NRVG Earhart data!

I continued to work privately with Jay for the remaining nine years until he retired from the business world in 2012. I once asked him what value our work contributed to his bottom line; he responded that he estimated it around 2-3%. While this is a small percentage, when you consider that his companies dealt with billions of dollars, this was a substantial contribution.

Prior to his retirement, I requested permission from Jay to, one-day, write-up the sessions we worked on. He gave permission, with caveats, that I not write about any projects that named his companies, disclosed any financial dealings of his companies nor details of any of the personal projects that we worked. The projects in this book range from national and international business assessments, future predictive work, alternative health and longevity explorations, to historical enigmas (Atlantis, The Sphinx and the Mayan Calendar).

Jay was unique in that he made sure that he had a good understanding of the field by attending a course with *Mindwise Consulting* covering the basics of remote viewing. He turned out to be a pretty good remote viewer and his final CRV Stage 6 session resulted in a decent target description and a clay model of the Cheops Pyramid.

In 2012, Jay sold his businesses and, as we finished our final year, he found that he had no further projects that required a remote viewer. We did,

however, talk about working together on a future book. Before he retired, he wrote:

“As I begin an entirely new life, it is with the greatest gratitude that I thank you for helping me surmount the many challenges faced these past eight years and assisting in laying the foundation for our great missions in the future, with enduring appreciation.”

Prior to his retirement and moving abroad, the client, made sure that I had originals of our work; then shredded and deleted all his copies. He returned to the United States a few years later and is now deceased.

I consider the years working with Jay to be some of our most productive work and this pioneering man regularly “pushed the envelope” of remote viewing! This is the first time that many of these projects have been presented publicly!



The Journey Begins

Business Projects: A to Z

It has long been observed, in the remote viewing field, that viewers who work with businesses and private clients are not able to make their work visible to the RV community. Many professional viewers sign contracts and non-disclosure agreements that legally prohibit them from sharing any information about their work. My 9-year client, Jay, gave me permission, with some exceptions, that our work could be shared. Some of the projects carried out for Jay are recorded here as historical documents, both to show how he developed his goals of tasking the Nevada Remote Viewing Group (NRVG) to access needed information and to encourage and educate future business owners and others who might hire viewers.

2019 Notes: It will be noted that there are projects skipped in the sequential order of these reports and not all cases have been reported. The client specifically did not want reports made public that identified any financial dealings of his company or any personal matters that involved him, his family or business partners. Also, some of the entries are out-of-order alphabetically. This occurred when the client inserted timely and needed sessions into the flow of the scheduled projects.

The following entries are divided into sections: Early Business Projects: A-Z; Atlantis; The Sphinx; Longevity, The Mayan Calendar and Later Projects. The Early Business Cases focus on the client's questions regarding events that might impact his business, both nationally and internationally during 2003-2004.

The Later Cases focus on the years from 2007 onwards until 2012 when he retired and sold his business. The additional files concerning Atlantis, the Sphinx, Longevity, the Mayan Calendar, etc. reflect the client's personal interests in these topics.

The first sessions were intended as a calibration of my work and the NRVG prior to tasking us with more specific projects. In the first sessions the viewers, most of them trained in basic RV techniques, that only search for structures and locations, described these in their sessions. Later, viewers became more adept at focusing on the required information. The client was satisfied that the viewers were “on-target” in these first sessions. And, sometimes the data was precognitive; accessing information that had not yet happened!

For example, in one of our first sessions early in 2003, Jay asked for information regarding an incident that might cause his office to be empty in the latter half of December 2003. The viewers seemed to be attracted to an emotionally-charged event that they saw happening in the City and described a City shut down and not functioning. Later, on August 15, 2003, a “blackout” hit New York City, knocking out all electricity-powered transportation, including the subways. An article in the New York Daily News for December 15th, 2003 was republished in the Daily News on August 13th, 2015: original authors were Joel Siegel and Corky Siemaszko.

The article recounted “In the city rush-hour subway riders were trapped in the tunnels and the streets were gripped by gridlock, forcing thousands to hoof it home through sweltering evening heat over the crowded bridges.” The next day Mayor Bloomberg advised the public to; “Treat it like a snow day!”

The article noted that the authorities “ruled out terrorism” but that the cause was far from clear. What was interesting is that in this second project the viewers appeared to precognitively pick-up information about the major disruptions of August 15, 2003 and the tunnels that seemed to indicate a degree of human interference with the mechanisms and functioning of the subways.



Project Reports

PROJECT: ROYAL – A and B – Original Projects.

DATE: February 19, 2003.

COORDINATE: 022003ROYAL879

TASKING: Business Assessment.

2019 Notes: The client personally noted that possibly his firm might be operating at a different location or was closed on a designated date. The client was a New York Based businessman with a financial business close to Rockefeller Plaza. The viewers were not given this specific information, just asked to describe a location.

Introduction

The following business future project, the first of a series of three, was presented by telephone from the client to ATS and The Nevada Remote Viewing Group on February 19th, 2003 and a request made for assistance. A Preliminary Report was delivered Monday, February 24th, and a Final Report on Friday, February 28th, 2003.

Hidden Tasking

The client is a New York businessman with a financial business close to Rockefeller Plaza. He needs to know what his business will be doing 12/15-16/2003 at 3 pm. Describe the appearance of the building and his specific office, activities perceived at the location, and relevant personnel perceived at the location. Describe any unusual or other activities, appearance of the building and his office, location, or events that appear unusual.

Feedback

On September 30, 2004, the client arranged for a third-party to conduct an analysis of this and other early projects and provided the following

feedback: Viewers used pseudonyms.

BRAZILIA noted that there were shops and theater. That this was a 5th Avenue, NY location. That it was upscale with lots of glass, very shiny and beautiful. Fixtures like Tiffany's at street level. Mentioned Park Avenue. Very trendy. Like the P&G Building.

Feedback: The Analyst via the Client verified the location as 5th Avenue, NY and Park Avenue.

POCITA: Noted an office building like the capital. Saw an eagle on the front. Trees and buildings. Said it was near the UN Buildings. A tall, high building that has elevators. Has a dome. Mentioned Rockefeller Plaza.

Feedback: The Analyst confirmed Rockefeller Plaza.

SCOUT: As well as describing an elevated, angular structure that overlooks a sunken flat, vast homogenous area that has no roof. Also mentioned an area shaped by the stage of an old amphitheater. Described a balcony within structure. Viewer also mentioned a tunnel underneath like a subway, New York or New Jersey. Tall buildings, many of them. She added, More like New York.

Feedback: Analyst confirmed the balcony aspect (and perhaps the amphitheater was the nearby Rockefeller Ice Rink). The location was verified by the Analyst as New York and that tall buildings were present, and subway was probably within the area.

One of the viewers also mentioned that the building in question was quiet and empty around December 15-16, 2003 that prompted the client to do follow up taskings.

PROJECT: ROYAL – C – Re-tasking

DATE: February 28, 2003.

COORDINATE: 022003ROYAL879

TASKING: Timing of Business Assessment.

Tasking: The client is a New York-based businessman with a financial office close to Rockefeller Plaza. He needs to know what his business will be doing 12/15-16/2003 at 3 p.m. Describe the appearance of the building and his specific office, activities perceived at that location, and relevant personnel perceived at the location. Describe any unusual or other activities, appearance of the building and his office, location or events that appear unusual.

Summary of Data

The preliminary data correctly identified many of the features of the client's current business premises. These included shapes and colors of the building, its interior, a balcony overlooking a depth, interior spaces, Further details of the offices both current and future will be included in Project B. Despite working "blind," three viewers named 5th Avenue, Rockefeller Plaza, Park Avenue, and NY. Several viewers indicated that there would be an event occurring at or near Rockefeller Center that would leave the current business premises of the client "too quiet, and too empty."

Project ROYAL Follow-Up Viewer Data:

The client forwarded a tasking that asked; "What do you see going on at my firm on December 16th, 2003 at 3 p.m." Further information provided by the client noted that the above question encompasses the possibility that "we are operating at a different location (our lease ends in October) or that we, for some reason, are closed on the above date."

Ten viewers contributed 98 pages of raw data. Most of the data was received, by the case manager/analyst, by fax and by email. Two viewers provided intuitive-type data by the interview method. The remaining viewers used CRV and ERV remote viewing methods. The viewers were given the coordinate for the project - 022003ROYAL879.

The viewers were also given minimal front loading as follows: "The target is a location. Describe the immediate location, the surrounding location, and activities at this location, including individuals and their activities." In view of the client's concerns that the office would be closed

on December 16th, the viewers were tasked with the dates of 15th and 16th December 2003, 3 p.m.

The viewers perceived a range of impressions related to the appearance and function of the structure, the personnel, purposes, and activities within the structure. While the structures perceived by the viewers were intact as of December 15th/16th, there are indications that future damage may be encountered whether as a result of attack or natural disasters.

In a sealed folder, at the offices of the Nevada Remote Viewing Group was the following tasking: “022003ROYAL879. The client is a New York-based businessman with a financial business close to Rockefeller Plaza. He needs to know what his business will be doing December 15th/16th, 2003, at 3 p.m. Describe the appearance of the building and his specific office, activities perceived at that location, the surrounding area, and relevant personnel perceived at the location. Describe any unusual or other activities, appearance of the building and the office, location, or events that appear unusual.”

The follow-up tasking asked the viewers: “Of specific interest is the perception, by some viewers, that the client’s building is entirely new or empty, for some reason. We need to know why? A timeline was needed to pinpoint the time of any event that would adversely affect the area and, potentially, the client’s business.

Summary of Data

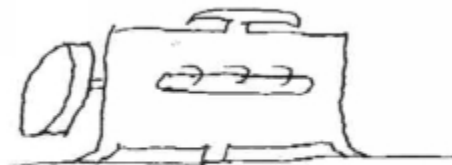
Perceptions, noted by the viewers, indicated an event, in or near Rockefeller Center, prior to December 15th/16th, that might involve damage to the pipes or tunnels underlying Rockefeller Center. Specifically, the refrigeration pipes that would release toxic freon into the local atmosphere. There would be many people affected by this event. One viewer noted a bomb. There were indications of a camera in the Christmas tree at Rockefeller Center and that the skating rink was not frozen at that time.

The viewers specifically noted: The ice is going to melt on the ice skating rink, spy cameras in the Christmas tree, in retaliation for UN

agreeing to attack on Iraq, a bomb is set off, possibly some chemical added to water causes death on the ice rink, headlines that note - 456 inhale freon air, and an Earthquake is going to cause Rockefeller Center to crumble. Viewers used pseudonyms.

Viewer Data

TOUPIN indicated that there would be machines or devices present at the site, and a sketch of this can be seen below. Toupin said that the “strange machinery” looked like generators but could also looked like oil pipeline pumps.



Toupin’s session summary indicated that a storage or deposit was being used as a preparation point, that supplies the area with equipment to renew or rebuild. People wait in excitement to perform a task with the supplies. He indicated that the site was a military base near the water. He perceived a building with regularly spaced windows, composed of white marble or granite with blue-green windows. His later sketches indicate that there is a pungent smell and the building is empty. There is no one around and building is now underground and caved in. The following is a sketch indicating that sand has entered the opening.

In an accompanying email, Toupin noted that “the walls that huge holes in them and sand had poured into the place.”

FIELD INVESTIGATOR noted the following, in relation to this target. He noted a dizziness and a confusion while viewing the site. There was a sweet, sharp, acrid and bitter taste and a pungent smell. He sensed a release of energy at the site.

ROCKETMAN reported traveling through a tunnel, like a subway. Saw a black wall with a black tar substance dripping from it. Gargoyles on buildings indicated to him that this was New York or New Jersey. He continued that there were many tall buildings, like New York. There was a haze-like fog and zoomed in to note again the oozing walls that resembled a sewer. However, even though it smelled dank, the location was not like a sewer, more like a subway. The location was not in a train station, more like between stations.

Rocketman perceived two men, dressed in dark, wool overcoats who appeared to be sneaking around and setting things up. He questioned whether they were pulling “track pins.” He got the feeling that the men who were painting the walls with ooze were foreigners with dark complexions, in their twenties. They were calculating, he added, every move was calculated. Further information from Rocketman indicated that the ooze is not what it seems, the men had gas masks on and the word going through Rocketman’s head was “biological.” He felt that this was a precognitive perception that would come later.

Rocketman was tasked further and, again, perceived two Humans. The first is a man with a wispy, incomplete beard and the second man is larger with a darker complexion and a slightly fuller beard. The second man is slightly more muscular than the first man. Further perceptions were of sea or water, a small hill, and the persistent image of a tunnel as in the first viewing. Sees snow falling in very small flakes, more like an ice snow. Sees a missile shaped like a fountain pen – point up. This is the kind of pen used with a bottle of ink.

TIRZAH in her initial perceptions, saw people in berets and in protective gear. Saw site as a military base. Everything is very quiet. Her emotional impression of the site is that it is “too quiet, as in something is wrong. Don’t hear noise.” Again later, emphasizes “Worried. It’s so quiet! Too quiet!” She had an analytical perception of “chem-bio warfare but doesn’t smell it or taste it.” She again writes of her emotional impact of the site “Empty, empty, empty. It’s all missing. Not what’s there. Much too quiet. Beyond sad. Numb. Like Ozymandias in the Shelley poem – no birds, no lizards.” Commented, “they died with their boots on. People perceived,

underground, sitting at tables, lying in bunk beds. Asleep like in *Sleeping Beauty*. Saddam's men did it."

GALACTIC had a persistent image of a fan running backwards or reversed. Sounds like whirring and perceptions of sticky gum, like chewing gum or adhesive. Sketched the blade of a fan running and the positions of people in connection to this device. Galactic also stated that she saw some weather-related attributes to do with this site. There were people looking at a measuring device, talking and chattering animatedly, excited. There was a scientific background to the people at the site: anthropology, geology, and meteorology. There is something about the site that indicates that this is the study of pollution or some concern about ecology. The four people are looking for an answer to a problem.

Move to the site, 300 feet above, and describe.
Draw a picture, complete.



TIGER initially perceived a box like shape with a shaded side. After describing a uniform, office-type structure she perceived that the site was smelly with a putrid smell. There was a sweet, sticky perception to the site, like honey. Concepts such as attack and retribution were mentioned. A long, tubular pipe was described as a rod or weapon. Long and metallic. A lake or pond that was polluted was described.

A biological was described as short, dark, beefy, husky, a foreigner. There was a sense of being trapped and in pain. There was a watery feel to the site. There was a polluted lake or pond nearby. People with film equipment. Viewer felt that the group was making a "snuff" movie. A movie associated with death. She writes that the site is scary, horrifying, not expected and people are surprised. There is a feeling of being trapped in a

watery, boxy enclosure. Above ground is a nice exterior and pleasant, underground is terrifying, trapped, and surprised.

Someone is happy at first though a little scared. Then it becomes ugly. Trapped. Can't escape. Terrifying. Feelings of revenge and retribution. Jealousy, anger. A short, dark, foreign man is involved. She interpreted it as a very unpleasant crime scene.

MARTIN perceived that the ice was going to melt on the ice-skating rink and felt that this was in retaliation for the U.N. agreeing to attack Iraq. Questioned if a bomb was going to be set off. Perceived an eagle on a seal and the Capitol building. There was a fountain as a focal point. Possible some chemical added to the water causes death on the ice rink. Perceived a headline "456 inhale freon air." There is a spy camera in the Christmas tree. Perceptions that an Earthquake is going to cause Rockefeller Center to crumble. She saw a pipe made of metal.

NOVIK also saw a building that was reminiscent of the Capitol. Saw an eagle on the front. Trees and buildings around. Near the U.N. Building. There were elevators and a high building. Has a dome and a flattened top. In Rockefeller Center. Building still there December 16th, 2003.

SCOUT perceived an elevated, tall, angular structure such as an office building within an oblong, rounded area situated within the structure. It is walled in but has no roof. Area shaped like an old amphitheater. About 800-900 people in the general area. One individual focused on strenuous activity. He jumps up and looks over an open, drop-away space below. He can see what looks like a narrow, windy river of orange-red, that flows out and downwards to his left.

Scout proceeded to describe icky stuff falling about. She is annoyed that people are in or on this icky stuff and there are AOLs of a bucket brigade and people in a line. Things are passed from one person to another. Scout interprets this as an oil spill. She describes the area as she is surprised that people are here, stooping beneath a sloped surface. A brown man stoops down and peers in under an escalator. There is a blue light, a bright light source underneath the escalator. Welding sparks. Under the man's feet is a mottle looking, icky, standing space.



2019 Notes: It is possible that the viewers were still heavily influenced by the events of 911 and this affected the nature of the perceived data.

PROJECT: FUTURE – D

DATE: March 3, 2003.

COORDINATE: 030303FUTUREY7B4

TASKING: Location Assessment – Manhattan, NY.

Tasking: Will my firm's operations be disrupted for any extended period (more than one day) during the next 90 days? A quick response was requested.

2019 Notes: At this point the client was not only requesting information for his company but indirectly about New York, specifically Manhattan. Information was received from the viewers regarding delays on bridges and in tunnels, but these were not able to be confirmed. These documented projects, hopefully, will provide a framework for future clients and research groups

Sometimes the client requested follow-up sessions from individual viewers, and we were in frequent telephone contact. In fact, over the years Jay would often call me to "brainstorm" business problems, knowing that I was a discreet, supportive listener.

PROJECT: STARLIGHT – E

DATE: March 21, 20013.

COORDINATE: 032103STARLIGHT B5EK

TASKING: Location Assessment – Timing – 2004.

2019 Notes: Now the client was extending his search for information into 2004. Searching for any disruptions that might impact his Manhattan business. He was also now asking multiple questions. While he was advised that multiple questions might create a conflict, he asserted that this could also bring him in useful information (which it frequently did).

Tasking:

1. The client needs to know if there are any disruptions to his firm for any extended period (more than one day) during 2004 in his new location? Needs a timeline.
2. How long does each disruption last?
3. Does the client have security problems at his new location?
4. Does he move again to another location during 2004?
5. How much is business a constant struggle at various points during 2004? Are we contracting, in a holding pattern, or expanding?
6. Excluded as it concerned the client's business partners.
7. How many people are employed by my business at the beginning and end of 2004?
8. Does an economic recession or stock market collapse create a very difficult environment?
9. Are there any significant events that disrupt commerce or transportation in Westchester, New York or Fairfield County, CT during 2003 and 2004? And is commerce or transportation disrupted in New York City during 2004 by further events?

PROJECT: MEASURE – F

DATE: March 28th, 2003.

COORDINATE: 032803MEASURE9PF3

TASKING: Potential Sale of Business in the Future.

Hidden Tasking:

1. Do we sell our business to another company in 2003 or 2004?
2. What kind of company is it?

1. Does this company affect the nature of our business, change it in any way?
3. Does this other company help expand or protect our business?
4. Is it a partner, an acquisition, or a merger?
5. Does the sale of the company change the client's role in the company?
6. Does the company lose key people as a result of the sale?
7. When does the sale occur? Requires a time-line.
8. Is it a distress sale or a sale while we are financially strong and growing?
9. Is selling the business the right thing to do?

2019 Notes: The client eventually sold his business between 2011/2012. The sale was a protracted process. During the preceding years Jay consulted with me on the phone and through projects to assess each potential buyer, each bank assessment, and each due diligence assessment of his business.

We were now adding in a final question to the taskings, basically asking if the remote viewing brought up any information that was important for the client to know but had not been specifically tasked!

PROJECT: REDG - G (A and B)

DATE: April 13, 2003 & April 18, 2003.

COORDINATE: 041803REDG

TASKING: Timelines for the Economy.

Tasking G (a): The client asked for timelines for any impacts on the economy, the stock market, oil prices, grain prices, gold prices, the dollar versus the euro. He also asked how any changes would affect his business and would the sum of the changes create an economic debacle or financial system or economic collapse.

2019 Notes: Personal comments from the client revealed his understanding that he was asking too broad a question in this session (which he was)! He knew that the tasking would produce scattered viewings and little commonality. He added that, perhaps different viewers, with expertise in certain areas, be tasked individually and that the project be

divided into two sessions. It was at this point that Jay was considering using only specific viewers but for this project multiple viewers were tasked.

Tasking G (b): What does the government do on a timeline as to fiscal, tax and interest rate policy? What viewings do they have more confidence than others?

2019 Notes: The client had additional concerns when tasking this project. He wrote; “If the viewers saw that the sum total of the changes would create an economic debacle or financial system and economic collapse.” He added “this is my biggest fear as the combination of economic weakness, retaliation, as in 911.”

His comments also provided some interesting feedback: “Your viewers talk about war in 2004 but the Iraq war should be over in at most a few months” but the NRVG viewers had predicted war beyond 2004.

He also commented about his concerns regarding how the “deadly SARS virus, and the rise of protectionism and decline in international trade, could all synergistically combine to create an economic implosion.” This, he calculated, could cause an “economic, including real estate, collapse, widespread bankruptcies including banks and debt implosion” All of which came to pass in a few years! In fact, in later projects dealing with his company finances, several viewers predicted the 2008 financial recession!

He asked for more viewers to be brought onto this project and an additional twenty viewers were approached by email: Some declined, and the balance accepted a limited tasking. True to his assessment, these two sessions brought in scattered and unfocused data, some of which the client said he could use but no feedback was provided.

2019 Notes: The client understood multiple hidden tasking could cause confusion for the viewers but was willing to take that risk, stating that it could bring in some useful information. As we were going through an exploratory process, a heuristic approach, we went ahead with the multiple tasking.

PROJECT: BLUE – H

Date: April 13, 2003.

COORDINATE: 040303BLUENBH7

TASKING: Business Relocation.

Tasking:

H - If I stay in my current location (business):

I – If I move to (another designated location):

The questions for both are the same for the time period 2003 and 2004:

1. What disruptions (how many days) to my business during the time period?
2. How serious are these disruptions?
3. Will I have adequate space for expansion in either location?
4. Are there events in New York City during this time period that affect one or both locations?
5. Does conducting business at either of these locations create non-business disruption problems such as loss of staff, reduced employee satisfaction, need to telecommute more, security issues, loss of dynamic business drive?
6. Is the disruption in moving and the aggravation and absorption of my time worth considering another location? Even assuming the December 2003 event, could we continue to function where we are currently located, so my time could be utilized more productively?
7. Are there other issues about these two locations that I am not asking?
8. Question 8 asked about personal issues of a colleague of Jay's and note included here.
9. What about either location for my own personal commitment, drive, leadership, and creativity?
10. If we do sell part or all the business, which location is better?
11. How do either of these locations compare with moving outside the city or dispersing the firm through telecommuting?

2019 Notes: The client was asking for a large amount of input from the viewers but justified this as before. The "December 2003 event" was one that the viewers had perceived in an earlier session.

Later feedback from the client noted that:

1. The viewers were picking up information in their sessions that the client noted were “business ventures that he was considering that had nothing to do with his current business; and
2. Information related to some of his personal ventures, that were basically hobbies. This was probably the result of the blind multi-tasking.

A search for the years 2003 and 2004 found the following major event that was confirmed by the client:

1. A major blizzard occurred December 5 through 7, 2003 and termed a “Megalopolitan Snow Storm” by Richard H. Grumm of the National Weather Service of the PA State College. This storm totally disrupted the east coast for several days and would have impacted the client’s business.

2019 Notes: Following a phone call when the client responded to our quick turnaround of his previous project, he noted that he wanted to narrow the focus of his current inquiry so that he could get more focused and specific responses. He noted that he wanted the viewers to focus specifically on the major company that was started 17 years previously but only for the time period 2003 and 2004. So, he re-tasked the viewers with the questions for Project H, focusing on his potentially relocating to another location.

PROJECT: IRIS – I

Date: April 13, 2003.

COORDINATE: 031303IRISCPI9

TASKING: Timing of Business Relocation.

PROJECT: KITTEN - K

DATE: May 4, 2003.

COORDINATE: 050403KITTEN-K

TASKING: Potential Negative Events

(USA, including Hawaii and Alaska).

Tasking:

Look at the time-period from May 2003 through December 2004 and perceive whether there will be any negative events occurring at any place over the whole USA (including Alaska and Hawaii) that might have a significant psychological impact on the country and on the US stock market. Please do timelines and as much viewing as is appropriate as well as a text report.

Up to this point, the viewers were either working “blind” with no up-front data or minimal frontloading, looking for unknown information. Now the client requested, as an experimental approach to allow the viewers more frontloading.

Analysis of selected data from Session K of by a third-party employed by Jay on September 30, 2004 revealed several verifiable events that matched the tasking. Viewers used initials and pseudonyms.

1. ATS: Flooding in Kansas affects farming and agriculture.

Feedback: From the Dartmouth University website: Major flooding on the Republican River at Scandia, Kansas, June 23-26, 2003 and of Jacob’s Creek, August 2003, with deaths and agricultural impact on local area.

<http://www.dartmouth.edu/~floods/Archives/2003sum.htm>

2. ATS: September 2003, minor political unrest in Louisiana.

Feedback: “Butch Ward: Political Boss in the Making” details controversial political manipulations in September 2003 in Jefferson Parish, LA. It’s Only Politics:

http://www.itsonlypolitics.com/archives/2003_09.html.

3. ATS: In Dallas-Ft. Worth a large educational institution declares bankruptcy leading a trend for other educational institutions to follow suit.

Feedback: “Austin Charter School files for Bankruptcy” outlines problems leading to Chapter 11 filing for a charter school in Austin, Texas. Austin Chronicle website reported by ABC website.
http://abclocal.go.com/ktrk/news/state/022404_APstate_school.html

4. ATS: January-February 2004, Lansing, MI. Shooting and violence related to a perceived injustice.

Feedback: “Shooting to be arraigned.” Three suspects to be arraigned for shooting which took place in East Lansing on February 29, 2004. This was the first shooting homicide in Lansing in four years. State News website.

<http://www.statenews.com/article.phtml?pk=22674>

5. ATS: February 2004, Storm damage and delays in the Midwest, from the Rockies to the Mississippi.

Feedback: NOAA website confirms storms for the period February 1, 2004 through February 29, 2004 in that area. Numerous news media confirm transportation delays, school and business closings and delays.
<http://www4.ncdc.noaa.gov/cgi-win/wwwcgi.dll?wwwevent~storms>

6. ATS: August 2004, Grand Rapids, MI. Drinking water is contaminated. Many people die or get sick. Pollution rises dramatically.

Feedback: CNN Website Article details August epidemic of illness related to contaminated water on South Bass Island, within a 250-mile radius of Grand Rapids, MI, and within a very few miles of the Michigan shoreline.

<http://us.cnn.com/2004/HEALTH/08/27/island.illness.ap>

7. CH: Power generation or power plants seemed to recur with summer and perhaps late July in a connection with water.

Feedback: From the Environmental News network website. At http://www.enn.com/news/2003-09-11/s_8086.asp.

Emergency cooling measures taken in Europe to cool nuclear plants. Dated Thursday, September 11, 2003, article by Paul Schwartz, "Nuclear plants in the hotseat," quote from the article: "By the beginning of the second week of August, the French power company Electricite de France (EDF) said the extremely hot weather and lack of rainfall had severely reduced supplies of river water with temperatures low enough to sufficiently cool reactors (...) EDF revealed that it had begun experimenting with jury-rigged garden sprinklers to hose down the exterior shell of a hot reactor building on an old plant in the Alsace region."

8. JB: Tornadoes in OK, NE, KA and middle states, great destruction and death. Overwhelming loss.

Feedback:

<http://www.tornadopproject.com/recent/recentts.htm>
<http://www.spc.noaa.gov/climo/torn/2003deadlytorn.html> confirm
tornadoes in these areas ranging from F2 to F5 in May and June 2003 and May 2004, with extensive damage and loss of life.

PROJECT: LIBRA – L

DATE: May 9, 2003.

COORDINATE: 050903LIBRA12-L

TASKING: ARV and the Stock Market.

2019 Notes: The client had become aware of a methodology called Associative Remote Viewing (ARV) that could be applied to remote viewing projects. This was a break away from regular remote viewing and considered experimental by the client.

Tasking:

1. Month by month overview of the stock market from May 2003 through December 2004 looking at the end of each month to ascertain whether the Dow Jones Index is higher or lower than the previous month?
2. For the end of 2003, ascertain whether the Dow Jones is higher or lower than at the end of May 2003?
3. For the end of 2004, ascertain whether the Dow Jones is higher or lower than at the end of 2003?
4. Anything else that comes up in the session that might interest the client?

2019 Notes: This experimental approach did not produce much useable information according to the client. So, this was the only session in which we used ARV.

PROJECT: MAY - M

DATE: May 4, 2003.

COORDINATE: 050403MAY-M

TASKING: Significant Bank Failings/Consequences.

Tasking:

Financial Futures: If there were significant bank failures in the United States over the time period May 2003 through December 2004, what would people do with their money? Describe what measures people would take to safeguard their money. Anything else that comes up in the session that might be of interest to the client.

2019 Notes: Again, multiple focuses for the viewers but the client remained hopeful that the viewers would provide useful information –

which, he reported, they did! The client did not always provide feedback.

PROJECT: NOVA - N

DATE: May 18, 2003

COORDINATE: 051803NOVA

TASKING: Potential Major Events in
Western Europe

Tasking:

The client needs to look at the time period from May, 2003 through December, 2004 and to perceive whether there will be any major events (natural or human related) occurring at any place in Western Europe (i.e. United Kingdom, France, Germany, Holland, Spain, Portugal and surrounding countries) that might have a significant impact on those countries, in particular on travel, the economy, and political leadership of those countries. Also, please note anything else that comes up in your session that might be of interest to the client.

2019 Notes: The client was now extending the scope of his inquiries into Europe! The client added instructions to the viewers: “This project has a length to it, in terms of time, and a breadth, as it refers to the whole of western Europe. Please do timelines and as much sketching as appropriate, as well as your session text.”

The viewers always had the option to accept or decline projects and some did for this one: nine viewers participated. By this time two of the viewers were also doing analysis work for the NRVG. The client was satisfied with the sessions and re-tasked several viewers on data that they had perceived. No feedback was provided.

Again, the client was asking for complex information from various time lines in one project. However, as these were exploratory, we went for it and the viewers were able to provide the client with some interesting and useful information. According to Jay, the key sentence at the end of the tasking proved to be the most productive!

PROJECT: PLURAL - P
DATE: May 13, 2003.
COORDINATE: 053103OPUS

Tasking:

Potential Negative Events in the Middle East.

Tasking: The client needs you to look at the time period from May 2003 through December 2004 and to perceive whether there will be any major events (natural or human related)

occurring at any place in the Middle East (in an area extending from Israel to Iran and from lower Russia to the Yemen) that might have a significant impact on those countries, on travel, the economy, national products, and political leadership of those countries.

2019 Notes: The scope of the client's interest was now extending to the Middle East! Interestingly, thirteen viewers signed up to do this project. The client said that he was satisfied with the results.

PROJECT: PEAR (P)
DATE: June 7, 2003.
COORDINATE: 060703PEAR
TASKING: Potential Negative
Events in Western Europe.

Tasking: Look at the time period from June 2003 through December 2004 and perceive whether there will be any major events (natural or Human-related) occurring at any place in Western Europe that might have a significant impact on those countries travel, the economy, national products and political leadership, also including timelines, sketching and session text.

2019 Notes: As can be seen, around this time the client was continuing to expand away from US locations and timelines to international ones. However, as remote viewing can validly and reliably access information regardless of time and space, this did not seem to be a problem. Some limited feedback in terms of an analysis was provided.

Analysis of selected data from Session P by a third-party employed by Jay on September 30, 2004, revealed several verifiable events that matched the tasking. Viewers used initials or pseudonyms.

2019 Notes: some of the Internet links may no longer be active.

1. CB: Italy - warmer and drier, wine crops down from 8/03 to 10/04.

Feedback:

BBC News website.

<http://www.bbc.co.uk/2/hi/europe/3175549.stm> confirms drought conditions forcing early grape harvest. On Saturday 23 August 2003, 05:48 GMT 06:48 UK, “Early harvest in Europe’s vineyards, quote from article: “Vintners in Italy are rushing to pick their grapes before they dry up in the heat.”

- 2: SU: Bombings in Iraq, Basra end of 2003 to 2004.

[http://www.foxnews.com/story/0%2C2933%20%2F2C\)\).html](http://www.foxnews.com/story/0%2C2933%20%2F2C)).html) dated Friday, March 19, 2004, headline; “Several dead in Basra Bombing.”

PROJECT: SALSA – S

DATE: June 14, 2003.

COORDINATE: 061403SALSA

TASKING: Business Development.

2019 Notes: from time to time the client would task the viewers on a project involving the form and function of his business. If the tasking was generic, the client had no problem with the tasking being shared with the viewers.

Tasking:

The client is considering adding another partner to create another business that is like the existing one but different in scope.

1. What would be the positives and negatives of adding this new partner to the client's business?

2. How do the viewers conceptualize the new service/business? What does it look like and how will it function?
3. What problems may be encountered and how much time will it take to get the new business “off the ground”?
4. How successful will the new business be, considering any local or worldwide events that might impact the new business in 2004?
5. What can the client do to make this venture financially successful?
6. What problems, risks, or concerns might the client encounter in the new business?
7. Will the new business be synergistic with the existing business? Will they work well together?
8. What stresses and detriments might occur to the existing business with the setting up of the new business?
9. What time demands will be placed on the client in the setting up of the new business and how would these be best handled?
10. Is this the right business opportunity for the client to focus on?
11. Is there anything else that came up in your session that might be of interest to the client?

2019 Notes: At this time, we had one of the Star Gate Unit military viewers contributing to the sessions.

PROJECT: TEA – T

DATE: June 30, 2003.

COORDINATE: 063003TEA

TASKING: Safety and Security of Three Individuals.

2019 Notes: The following project was a future viewing project to access information about a group of three individuals (described only by first initials and with permission) during a specific time period.

Tasking:

The client would like the viewers to first perceive and describe the three individuals and then focus on the specific questions below. We realize that this is a wide-scope and multi-person project but any information that

you perceive would be very useful to the client and the group of individuals.

1. Please describe the three individuals and their appearance, and any other information that you perceive.
2. The time period for all these questions is July 2003 through December 2004. Will any of these individuals be likely to encounter any danger or disruption to their well-being during the stated time period?
3. Will the individuals encounter any medium to serious health issues during the time period?
4. Will the individuals experience any personal relationship issues, either temporary or long-term, during the time period?
5. What experiences are they likely to encounter in their work life? Interesting events, either negative or positive?
6. What recommendations would the viewers give to foster the personal growth of these individuals?
7. What successes or failures to their physical, mental, emotional or financial well-being will the individuals experience during the time period?
8. What is important for the individuals to know to protect themselves from any unforeseen negative events that arise from residing in their chosen location?
9. What can the client do to support each of the three individuals during the time period?
10. Is there anything else, that you perceived during this session that might be important to the client, that has not been asked in these questions?

2019 Notes: To my knowledge, these questions were asked about family members who were traveling to an un-named destination. The client was concerned about their health and safety. Also, to my knowledge, they returned well and unharmed.

PROJECT: Wing (W)

DATE: October 12, 2003.

COORDINATE: 100603WING

TASKING: Causes and Reasons of Potential Events.

2019 Notes: The following business futures project was presented to the Nevada Remote Viewing Group and a request made for assistance by the client. This full Report is included to give an idea of the scope of data that was being accessed by the NRVG. By this time, the viewers were receiving minimal frontloading that included non-leading information and looking for new and unknown information. Viewers used initials and pseudonyms.

Tasking:

Past viewing projects have perceived a time period in 2004 with resulting events. Please look below and behind these events, during this time period, to examine the causes of and reasons for these events. Please be as specific as possible and examine all possible reasons and causes for these events during this time period.

There was some additional tasking information from the client for Project W. In the time line April/May 2004 there is a slowdown in the U.S. economy. We have tasked the viewers to get behind and underneath these events to determine the underlying causes and reasons for this standstill. We will be examining the data from five different models.

The client asked: Please correct the time zones for the viewers. For the slowdown or concerns, not standstill (only one viewer used that word), the timeline is February-March 2004.

2019 Notes: By the middle of 2003, Jay had begun experimenting with different analysis models to understand how best to handle the data.

In the time line April/May 2004 there is a slowdown in the U.S. economy. We have tasked the viewers to get behind and underneath these events to determine the underlying causes and reasons for this standstill. We will be examining the data from five different viewpoints or models (outlined below).

Summary

As is the case with many complex situations there appear to be many causes or potential explanations for the slowdown in the U.S. the February-March of 2004. There appear to be spring storms taking place on the east coast. These are not continually severe but of a long duration. There will be one major storm that blows the top off an enclosed area. A disease such as flu and an allergic-type reaction to plant material that comes from Florida are also indicated. The Economic Model shows some moderate effect but not what one would have expected. The first mention of Syria is made, and it should be noted that the U.S. will probably be active in Syrian political activities this coming year. The Political Model includes another reference from another viewer of a new political leader arising in the Middle East. This new political leader was described in one of the earlier projects. Syria is mentioned again in the Unknown Model category. There is a description of another man, in this country, who has a pivotal role in future attacks on the country. In addition, there is some bleed-through from the next project X regarding the client's business (that is excluded from this book).

Analysis and Viewing

1. The Natural Cause Model: Is there some natural cause, such as severe weather, for example, that is the reason for the slowdown?

Before the last two weeks in January, there is an indicator of comfort, growth, satisfaction and the lushness of life in general. I saw a gray cloud moving from the left to the right and holding over this position on the timeline. It is an energy that almost stays 'stuck' over this period (February and March 2004). Coming from the left, this is symbolic of something from the past re-occurring and coming into the present moment (in that period). It is a 'disturbance' that shows up. As I went deeper into the cloud of energy, I asked to see where this had come from. I clearly saw that it was related to something 'mechanical' as in machinery and heard a loud noise as in something like gears getting stuck. I am unsure if this relates literally to a piece of machinery or is a symbolic message that 'gears get stuck' (the thinking) and things do not move in a flow or forward. It represents something being broken, and causing the cloud to move in. (JC)

In Stage 4 there were Aesthetic Impacts of someplace bleak and a feeling of hurry and needing shelter. Emotional impacts were – wish this would soon pass, need the sun to shine again, let the storms subside. There were snow blowers, road scrapers, umbrellas, boots and coats. Feelings of annoyance, frustration, and depression, and collapses of substructures such as streets and sewers, and roads blocked off. (ATS)

I am standing on a shore – there are storm clouds above. I get the impression of warmth and that this weather is not of this season. I perceive that this includes the East Coast of the United States, and Texas, and that this is the winter of 2003/2004. There is a tremendous amount of rain and flooding. (RM)

I perceived it to be hotter than normal on the West coast. The winter snowmelt is greater than it has been, but a drought situation continues. In the mid-West it is dry and dusty and crop planting is delayed. North-east and whole eastern seaboard; alternating storms appearing one after another, rain, then snow, then rain etc. (ATS)

2. The Disease Model: does some severe contagious disease such as influenza create the slowdown?

Move to time period and describe the activity at scene; there was a sickness like the flu. There are continued storms alternating heavy rains and snow - leaving flooded streets. (ATS)

The first event takes place in a hot swampy area, like the Everglades or a swamp. It's a cheap, cheesy touristy place with alligators. There's a kind of plant that spreads spores. It has a semicircular "bloom" that ejects spores in one direction with an abrupt poof. Connected with this plant is a device that looks like binoculars or one of those machines for administering a glaucoma test. The product is black, lightweight and held up to one's eyes where it creates a slight breeze. The words "Emerald" and "Gem-like" are associated with this event. (MK)

3. Economic Model (1): Is the slowdown due to a shortage of oil?

(Move to time frame and describe) It's interesting to note that it seems the US and foreign interests have had some sort of strange split related to fuel and oil. The limitations placed on the citizens seem to be centered on a moratorium on unnecessary travel to conserve the oil and fuel we have stored in our existing storage facilities. From past employment experience, some of these storage places are in salt domes in Southern Louisiana. Concern for conservation, but an alternative is being sought quickly. Some of this has to do with the fact that; now that the US has Iraq and is going after Syria - they don't know what to do with all of it. For some reason the two words "austere" and "pandemic" popped up in relation to this - perhaps to describe the fact that it is "plain and simple, extreme, and like a plague." My sense is the real punch of this situation will not be seen for a few months - possibly in June or July. So, people feel oblivious and trustworthy of the government and their solutions. But it seems to be like a production stop of some sort, or at the very least, reduced production either in foreign or domestic oil. (ET)

4. Economic Model (2): Is the slowdown due to the price of oil? (See above)

5. The Political Model: Is the slowdown due to lack of or poor political leadership?

Moved again to East Coast and described activity. There is a lack of confidence in the President's running partners for the 2004 elections. Schwarzenegger is slated to run for Vice-President – this was always the plan. Cheney is reluctant to run again because of health reasons. The reason that Schwarzenegger has been pushed through with top authority is to rebuild relations with Europe. (ATS)

My perception of the target are several events distant from one another that has an immediate effect. These events are highly energetic. Areas in U.S., U.K. and Europe are involved politically, monetarily, and in anger. I see strong positions of bullying and annoying long-standing friends. There is a strong debate over a change of leadership at the highest level of government. Division within the U.S. and U.K. will build and become very evident during the requested time frame, while several countries in Africa will need attention. I also see a series of controlled attacks in early February

2004 in more than one location, and within a very close time period. These attacks will be followed by fear, outrage and inner conflict in early March. In mid-March there will be a strong debate and overreaction to these attacks. (DH)

I see the U.S. as very savvy, technically, and very strong, but lacking love towards the Middle East. These people want to be like the U.S., but don't know how, so they attack us instead. I see an event near the end of 2004 in Palestine that grows out of hate and frustration by the people of Palestine. There is a leader and a nation that rises as if it were the bird of Phoenix rising from the ashes of death and destruction. Their family is their most important asset and Israel with the backing of the United States is trying hard to destroy that with a religious fervor, but I see the Palestinians winning out in the end. As much as the United States tries to extract loyalty from the Muslim nations by beating them into submission, they smile and fight against us. Germany and France are working with them to build an infrastructure with the underlying understanding that growth and pride on the part of the Muslim nations will benefit all of mankind. The voices and understanding of the French and Germans will win the hearts of the rest of the world. (RM)

China is changing and will become a world economic power because of their aggressive nature. Japan and China will work together to hold back Korea from being a military aggressor. I see the United States as vacillating impotently on Korea. We are going to listen to the other great nations in the Far East that will fight the Koreans on an economic level as if it were a Karate match – by harmlessly deflecting their blows and showing them that short of total destruction of the Korean nation, the only way to win, is to join forces and unite like the European Union and the United States. By the way, I see the Middle Eastern Muslim countries knowing that becoming united is also to their benefit, but their age-old bickering is a wall that stands in their way. (RM)

6. There is also an Unknown Model that we may not have considered.

1. Terrorism and/or war

In the Middle East, there is an airborne attack from one nation that is retaliatory of another attack. I get the impression of March 2004 for the second attack. The second attack is not as large as the first one. The name Syria comes to mind. It is a sad day for Syria with many deaths. (RM)

It looks like some unusual situations occur, several of them, that are intended to strike fear, but it only works to desensitize people. The events consist of several copy-cat situations that look like terrorist attacks, but nothing really happens. However, people panic, and the objective is achieved so to speak. The events happen near some building that has a green tarp over the entrance, perhaps a small hotel in a downtown area. It is at a corner and has a dark marble façade. The other event occurs at an area of the city near an open area. These buildings have a pale marble façade. When looking at it from the front, it reminds me of the entrance to a great city in Egypt, the road, the obelisk buildings at the gate/wall, then a great opening in the center of the city. (ET)

There is a man who seems at ease and is undercover at present. He has a long plan of attacks. He's trusted. It seems like he's in the US, but I get strong ties to Middle East. Undaunted and unwavering, he is determined to attack. He has been practicing for a larger attack. He will change his looks. He is of medium build, a businessman, 5'7" tall, 160 pounds, works out, and coordinates with others in Europe. There are simultaneous orders for 5 or 6 events occurring in a short period of time. There is a high monetary loss associated with these events, with maximum resulting effects. There is a disruption of services with long term effects from short term event duration. Countries involved; US, UK, Israel, Iraq and Europe. Immediate retribution will be taken, and controversy will persist. (DH)

2. Other impacts

Perceived: The Catholic Church is "on hold." There is a big scandal, greater than current sex with minors that erupts. There is corruption in the Vatican while the Pope has been ill. The Vatican has been involved in

international politics on behalf of the super powers - running weapons. There is a great disappointment felt around the world. (ATS)

(February 2004) There is like an old warehouse that has been used for many years in the manufacture of something that dissolves. There are no real safety precautions, it almost looks like a cocaine plant of some sort that imports the crude and extracts the product for shipment. There are not many people here, mostly those wearing jackets as it is quite cold and drafty. It is a makeshift place that moves around a lot. It's not drugs; it's something else that is used for other events related to dissolving, evaporating, or dissipating. The area is shaped somewhat like a grain silo of some sort, but it is a building, perhaps like the remnants of an old elevator shaft from a building that has since been destroyed with just a few tables in the center. (ET)

(March 2004) There is something limiting on the people, perhaps travel et al, until things level out and everyone can get a handle on what's going on around them. (Move to concerning event and describe) This product or event relates to creating a problem either domestically or overseas. It seems that this product is to go into a liquid, but it is not meant for harm. It is meant to decrease or reduce or alleviate something in some way. It is not to be ingested by Humans, but for use with another type of liquid used for other purposes. It seems this is in relation to "jets" and perhaps some type of fuel enhancement for a short-term solution to help through the "fuel drought." It feels like mixing two with one to come up with a solution. Perhaps this additive is a means of providing a single fuel by combining the features and chemical compounds of two separate fuels. (ET)

There is an event or events in the first week of March that appear related to a hollow device with a corrugated shell that contains a gel-like substance. I'm not sure if the gel is used for propulsion. The user of this device is not aware of its real function or capability. The involvement seems to be in the U.S. and in the Eastern European sector, and it feels like the situation arises because a group wants to show it still has muscle. Financial markets react because that is what they do, but six months later it seems like we are pushing along as usual. The event is not nearly as big as it possibly

could have been had it been fully intentional. It does not feel like the 'evil terrorist' scenario but 'terrorist' in its true definition is probably appropriate. Money can be made by riding the market back up, but this is obvious. (EW)

I then heard a BANG, a loud noise like something slamming and then saw a piece of broken glass on the ground. I was only directed to this one piece of broken glass. I am unsure if this is literally a piece of glass attached to the breakdown of something mechanical or a symbol as glass represents illusion and not seeing clearly. It felt like an accident occurred. I saw the reflection of a person's face in the glass who looked very confused as if they didn't know what had just happened. They were rubbing and scratching their head in confusion and then turned around and away from the reflection and walked away. It is a void period where there is much confusion and not knowing what to do, which for Humans is a great struggle. (JC)

I get an upsurge of emotion that goes up quickly and subsides rather slowly. This is in association to an election. I see an American business suit – and I see a Middle Eastern man raising a fist and yelling. I get the name of Iraq. I take this to mean that there is an election in Iraq coming soon that doesn't seem to go in favor of the Bush administration. (RM)

3. Miscellany

There's a physical occurrence that leaves a normally covered place (NYNX?) uncovered. The place in question has a pit-like feel to it. There's a sunken area where lots of frantic action takes place - but this franticness is normal. The roof is suddenly just gone. I didn't sense any trauma related with this event and it could just be figurative. But the roof just blows off this place. (MK)

In the U.S., beginning with the elections of 2004, the pendulum will swing in the other direction. Where there is hate and misunderstanding, there will be love and coming together. We will become frustrated that we live in a virtual prison of our own making. We will become weary of having lost so many of our freedoms, and those who fight for those freedoms will win them back. (RM)

Feedback from NRVG Viewers: Occasionally, viewers will find information, after the fact, that validates their session data. DH and MK contacted me with information from articles dated February 24, 2004, March 3, 2004 and March 28, 2004.

DH: 2/23/2004. Fox News.
<http://www.foxnews.com/story/0,2933,112234,00.htm>.

His communication revealed a grainy news photo of Abu Musab al-Zargaw and the legend “The top bomb-making lieutenant for Abumusabat-Zaagawi has been killed Fallujah.”

He wrote: “This guy just jumps out at me as a match to the guy in my sessions dated 10/10/03 (100603WING). The time frame and much of the verbal data matches this guy. (see later sketches).

10/10/2003: There is a man who seems at ease and is undercover at present. He has a long plan of attacks. He’s trusted. It seems like he’s in the US, but I get strong ties to Middle East. Undaunted and unwavering, he is determined to attack. He has been practicing for a larger attack. He will change his looks. He is of medium build, a businessman, 5’7” tall, 160 pounds, works out, and coordinates with others in Europe. There are simultaneous orders for 5 or 6 events occurring in a short period of time. There is a high monetary loss associated with these events, with maximum resulting effects. There is a disruption of services with long term effects from short term event duration. Countries involved; US, UK, Israel, Iraq and Europe. Immediate retribution will be taken, and controversy will persist. (DH)

MK: 3/26/2004: MK’s feedback was related to the general data found in Project WING. A note accompanied MK’s article clippings: “Here are copies of articles regarding (1) the meeting of Arab leaders breaking up due to turmoil after the assassination of the Hamas founder and (2) the decline in oil prices. This was what I saw in the second session along with the murder of the Arab leader.”

An article dated March 28, 2004, source unknown but noted from Tunis, Tunisia (AP) was entitled “Arab League calls off Summit” and noted that “An Arab League summit collapsed Saturday, two days before it was to

start because of differences over peace overtures to Israel and a U.S.-backed plan to bring more democracy to the Middle East.”

The other article dated March 26, 2004 from Bloomberg News was entitled; “Oil Prices Slide on Possible Delay of Production Cutback: Crude has biggest drop in four months after Kuwait official says OPEC should hold off on reduction until June amid strong demand.”



ABU Musab al-Zarqawi



Exobiology

Exobiology –The scientific field that investigates the potential for life on other planets.

2019 Notes: During 2006, Jay and I ventured on an unusual and innovative joint project, “interviewing” a series of different alien races.

The Exobiology Interviews.

This was a personal interest of the client’s that he wanted to pursue. The project began with two simple questions: if remote viewers can perceive and assess on-Earth individuals and groups, why not off-Earth? The second question acknowledged that much off-Earth communication involved a telepathy-like channel. So, could this process be useful to talk one-on-one with off-Earth races?

The Exobiology project was very fruitful and now forms the second half of a book co-authored with C. B. Scott Jones, Ph.D. ‘*Voices from the Cosmos.*’ My thanks go out, once again to these creative thinkers, Jay and Scott, and their farsighted projects.

By the late summer of 2012, Jay had retired and emigrated, and the Exobiology Interviews had been sitting in my files for over seven years. I felt it was time for them to be published. Inquiries to individuals in the remote viewing and UFO worlds met with indifference, skepticism, and, even, alarm! One brave individual, Donald Ware, volunteered to send out the Exobiology Interviews: one each week, to Truth-Seekers, his 600+ email list. The response was very positive, and the recipients wanted to read more!

During the months that the Exobiology Interviews were being shared with the Truth-Seekers group, a long-time colleague, Dr. C. B. Scott Jones contacted me with the idea that the interviews could form the basis of a book that we could write together.

Gratitude is extended to the representatives of the different ET races that came forward to be interviewed, sometimes, several times over many months. According to them, very few Humans reach out to them in this way, but they are very interested in talking to us!

The ET races interviewed during 2006 were: The Large Gray, The Nordics, the Small Gray, the Hooded Reptilian, and the Indigo Hybrid. This was followed by the Orbs, the Oranges, the Angels, the Light Beings and the Dark Ones. Later interviews were with the Anaka, the Lyrians, the Duvel, the Sirians, the Aldebarans and the Annunaki with references made by the interviewed races to other lesser-known races. As the Grays said, "There are as many other races as stars in the sky."

So, how did this come about and what process was used for the interviews? Imagine that you were out in a pristine Amazon jungle and came across a group of indigenous people who had the ability to understand your language but had very limited one-on-one interaction with your world. How would you interact with them and what would you ask them? Now imagine that the race of people was not of this Earth? Could you apply the same sociological questions to them, as you would for any other group?

From January through December 2006, this question was tackled in a venture we called the Exobiology Project. Our work together focused mainly on conventional business matters but his brave approach to unconventional topics opened the doors to the Exobiology Project, as well as many others. According to this brave entrepreneur: "Each bit of information can be extrapolated to better understand our situation here on Earth and how we should live and take advantage of our lives during our hopefully 100 years in this evolution."

It was anticipated that this series of interviews would elicit critique, disbelief, and even ridicule. The series was eventually published to a greater understanding of and with our "off-planet" neighbors.

In historic, recorded interactions with these mostly "off-planet" races there seem to have been a mind-to-mind communication known as telepathy. Telepathy has endured constant critique by science but has survived as one of the most robust of the anomalous human abilities. Telepathy is even cited by skeptics as possible explanations for other paranormal phenomena! Over the 12-month period, 20 different races were interviewed or referred to. All the races were interviewed using a "stream of

consciousness” remote viewing method that was different from channeling but like telepathy.

Multiple sessions assessed which races are currently interacting with Humankind. Information was requested, and no placating responses were accepted. Null responses during an interview or silence on a topic was noted as NR – no response. It is to be remembered that these interviews involved non-human intelligence and much of it was not necessarily understandable to our human logic or understanding. We could not expect their logic to be the same as ours.

This was a difficult and prolonged project that was carried out with diplomacy and respect. Each project was concluded with a request for an introduction to another, possibly related, race to interview in a subsequent session. Additional philosophical questions were also asked. Finally, basic questions from C. Wright Mills (out of circulation) were adapted to assess information about each civilization. Questions marked J are inquiries from the researcher.

Eventually, during 2006, many different ET races were “interviewed” using a form of remote viewing/telepathy and the experience was fascinating! Initially, the “interviews” took the form of me asking questions followed by the perceived and documented answers from each race. Following the first five or six races, the client asked for certain groups to dialogue with each other on key questions, followed in the later sessions by remote-viewed “site-visits”.

Towards the end of 2006, Jay became perturbed that he was being followed, photographed, videotaped and harassed at his home and in public, witnessed by others, and creating an uncomfortable personal life for him. He decided that we would return to business projects and cancel the Exobiology interviews. This was unfortunate as we were in the middle of interviewing a sentient race that claimed to live underground on Mars. We also had a roster of additional races ready to interview.

I wondered what I should do with the computer files of the interviews, but Jay said to hang onto them, and he eventually told me I could do what I wanted with them. They sat in my computer until 2014, when they formed the basis for a book; *‘Voices from the Cosmos.’* With my co-author C. B. Scott Jones Ph.D., we compiled his philosophies, memoirs and future plans along with the Exobiology interviews and had *Voices* published in ten

months! I think Jay would have been pleased with it!The following is the very first interview with the Large Gray.

Exobiology One – The Diplomat.
Coordinate: EXOB1 January 2006.

This series of sociological interviews focuses on at least five different alien races. Multiple sessions will assess which races are currently interacting with Humankind. Information will be requested, and no placating responses will be accepted. Null responses during an interview or silence on a topic will be notated as “no response”. It is to be remembered that these interviews involve non-Human intelligence and much of it will not, necessarily, be understandable to our Human logic or understanding. We cannot expect their logic to be the same as ours. Their responses are indicated as ‘LG.’

This series of interviews will be conducted weekly starting the first week of January. This is a difficult and prolonged project which will be carried out with diplomacy and respect. Each project will conclude with a request for an introduction to another, possibly related, species to interview in a subsequent session.

Basically this 3-part project is carried out as a study of different extraterrestrial races using standard, Earth-based, sociological inquiry methods. The initial questions, outlined below, form the basis of an inquiry to an initial race, the Tall Gray (formerly called the Wise One, who will be referred to now as the Diplomat, in this first Exobiology session) using an interview process. Additional philosophical questions, posed by J, will be asked. Finally, basic questions from C. Wright Mills, marked ‘CWM,’ will be adapted to assess information about each civilization. Questions marked ATS are additional inquiries from the author.

Initial Questions of ‘The Diplomat’ (Large Gray formerly called the Wise One).

J: How do they cooperate? Is there a Confederation that is acting together?

LG: We act alone. We are one. We know of others. We are not part of the others. There is a Confederation. We are not part of the Confederation. The Confederation acts together.

ATS: *Can you tell me who is part of the Confederation?*

LG: Too complicated.

ATS: *Please try?*

LG: Lights, Darks, Smooths (?) Greens, Propers (?) Roughts (?) Most of the void. We are not part of the Confederation.

ATS: *Why?*

LG: Not ready.

ATS: *What do races need to do in order to be ready?*

LG: Be prepared. Be obedient.

ATS: *You cannot be obedient to the Confederation?*

LG: We act alone. We are one.

ATS: *How can the Earth be included in the Confederation?*

LG: It will be invited.

ATS: *When?*

LG: (No response).

J: *Is there more to the Orbs, observed by the client and others and can they manifest responses? Are there different types of Orbs?*

LG: Orbs are energy and information. Orbs carry information. They are also pure information. They can be deciphered.

ATS: *How?*

LG: Mental intellect.

ATS: *Can they respond to requests?*

LG: Yes. Too complex. There are many different Orbs.

ATS: *Can you tell me some of the purposes of the Orbs?*

LG: Probes. Scouts. Play. Attracted by sound. Encode sound within structure.

ATS: *Is that shown by the rings and colors within the orbs?*

LG: Yes. Everything has a frequency. Orbs absorb frequencies. Become information. Carry information.

ATS: *Do the Large Grays send Orbs?*

LG: Yes. Limited probes.

J: *Can the different extraterrestrial races also manifest responses and are they positively oriented? Are there inherent conflicts detrimental to our interests?*

LG: Yes. Races can manifest responses. They have been manifesting responses. Nobody listens or responds. Many positively oriented to each other. Some positively oriented to Earth. Few negatively oriented. Too basic and primitive. Some are detrimental to Earth interests. Earth too territorial and aggressive. Most races cooperative with each other. Question is too basic and too primitive.

ATS: *Do you mean that we are asking the wrong question or that our basic nature needs to change before we can ask that question?)*

LG: Both.

J: *Can other alien races prevent abductions?*

LG: Yes, but why?

ATS: *Abductions are mainly viewed as negative, as imposing on the free will of Humans and against our will.*

LG: Abductions are not negative. They are positive. They enhance the Human.

ATS: *How?*

LG: Humans are limited.

J: *Who are the good guys, who are the bad guys and what can we learn from them?*

LG: Good guys, bad guys, unknown. There is mainly cooperation within and outside Confederation. (A. *Is there one group, at least, that is considered, outside the Confederation and negative?*)

LG: Earth. Humans. Most others cooperate. Different but cooperate.

J: *Can some races render implants fallible?*

LG: Yes, but why?

ATS: *Humans consider implants to be imposing on free will and autonomy. They dislike the idea that implants locate and control.*

LG: Implants are fortunate.

ATS: *Does that mean that people with implants are fortunate?*

LG: Yes. Humans are limited.

J: *Can we interfere with the functioning of implants?*

LG: Yes, but why?

ATS: *The same as before?*

LG: Interference renders unfortunate.

J: *Are they the same races or different groups of the same race that are carrying out the abductions?*

LG: Two races carry out abductions. Grays and Whites.

ATS: *Are the Whites what we call the Nordics?*

LG: Yes. Others are interested and visit.

ATS: *Do the ones who visit carry out abductions?*

LG: No. They visit and interact.

J: *How do they travel and is this travel with or without vehicles?*

LG: Physics. Humans are limited. Frequency physics.

ATS: *Like crystals?*

LG: Crystals not involved. Frequencies carry information and energy.

ATS: *Could this information be conveyed to Humans?*

LG: No. Humans are limited.

ATS: *Will there come a time when we are not limited?*

LG: Yes. In future.

J: *How long can hybrids stay on Earth and why has the hybridization program taken so long?*

LG: Hybrids have a limited stay. Earth is toxic. Oxygen is toxic. Hybrids adapted before Earth visit. Hybrids usually stay out.

ATS: *Out of Earth's atmosphere?*

LG: Yes. It is not complete.

ATS: *The Hybrid program?*

LG: Yes. Going on. Not complete.

ATS: *When will it be complete?*

LG: Not known.

J: *What and who are the Indigo Children? Is there a specific race that is producing the Indigo Children?*

LG: Earth children. Less limited. Enhanced. No race producing them. They are noticed.

ATS: *Does this mean that there is no race that is producing the Indigo Children?*

LG: Yes.

ATS: *Have there always been Indigo Children?*

LG: Yes.

ATS: *Has any race enhanced the Indigo Children?*

LG: No.

ATS: *Are Indigo Children easier to communicate with?*

LG: Yes.

J: *Why are some species interested in hydrocarbons? Are they rare in the galaxy? What about other minerals and gases: hydrogen, boron? What purpose do these species put hydrocarbons to? Are we in conflict for these resources?*

LG: Goo.

ATS: *Is that what you call our minerals including hydrocarbons?*

LG: Yes. Not rare in galaxy. Convenient. Use varied. Baths. Study. No conflict. Abundant in universe. Convenient.

ATS: *Are you saying that minerals are mined from Earth because it is convenient?*

LG: Yes.

[In addition, the client asked the following philosophical questions that will be addressed to each of the accessed extraterrestrial races.]

J: *They obviously find our Human civilization to possess valuable galactic characteristics, some of which they probably lost eons ago, or they wouldn't be interbreeding with us. They certainly possess the ability to destroy our Human civilization, but have not, why?*

LG: Inbreeding not possible. Hybrids only possible. Emotions, hormones, functioning.

ATS: *Is that what you find interesting about us?*

LG: Yes. Hybrids not considered inbreeding. No need to destroy. Too interesting.

ATS: *Does that mean that no race will destroy Earth and Humans?*

LG: Yes.

ATS: *What about the idea that some races lost valuable galactic characteristics that we might possess?*

LG: Humans are limited.

J: *Is this intergalactic ethics; being held to certain behavior by other ET civilizations? Or is it just that their self-interest benefits more by using us for their own needs rather than simply destroying us (a similar model of how things operate on Earth)?*

LG: Not part of the Confederation, Repeating. Act alone. No need to destroy.

ATS: *Do certain races have a code of ethics?*

LG: No need, act alone or cooperate.

J: *Given the billions of likely planets in our galaxy alone, there couldn't be anything unique and special about Earth. Although the need to mine some of the debris circling Saturn is puzzling - the implications of which implies a gigantic civilization that is widespread in our galaxy with a vast need for ongoing raw material supply. I would very much appreciate your insights on what all this implies about the nature of intergalactic inhabitation, the inhabitants in a portion or all our galaxy. Are they dominant or is there a cacophony of conflicting vested interests in our galaxy like here on Earth?*

LG: Earth is special and interesting. Intelligence is widespread. All of galaxy is inhabited. Humans are limited

ATS: *I take this phrase to mean that your answer would be beyond our intelligence?*

LG: Yes. Most act alone or cooperate. Not like Earth.

J: *What are the intentions of each race? What is each race's ongoing purpose and when will this be completed?*

LG: Ongoing. No final intention. Act alone or cooperate. No difference. Races different. Act alone or cooperate. No difference. No end completion. Ongoing.

J: *Will there be a scenario like a "shock wave" from a distant part of the galaxy that will wipe out Earth? Will it hit the Earth and its oceans?*

LG: Minimal. Ongoing. Will impact but not major. Always ongoing.

ATS: *What are the meanings of the "disaster scenes" that are shown to abductees?*

LG: Learning. How cope. Emotions.

ATS: *Do you have emotions?*

LG: Yes. Limited.

J: *What does the future of the Earth look like, say in 2012? What types of scenarios, based on fact, will Earth experience?*

LG: Future not available.

ATS: *Does that mean you cannot see future events or that you are unwilling to share with us?*

LG: Both.

ATS: *That is conflicting.*

LG: Yes. Humans are limited. You have the knowledge.

J: *Are there specific races that are influencing our leaders and the process of civilization? Does any race or a combination control our civilizations? If so, why is this permitted?*

LG: No race controls Earth. Visiting and interacting.

ATS: *We consider abductions and implants as controlling.*

LG: Abductions and implants fortunate.

ATS: *Do some leaders have implants and are abducted?*

LG: Yes. Fortunate. Permitted.

ATS: *Do individuals give permission or is this an implied permission?*

LG: All fortunate, is permitted.

J: Would other civilizations be able to counter the possible Earth changes? Are the Orbs more positive to Humans?

LG: Earth changes minor and ongoing. No need to counter. Orbs energy and information, no emotions. No positive or negative. Just energy and information.

ATS: Do we ascribe emotions to the Orbs, positive and negative?

LG: Yes.

J: Regarding other controlling civilizations, what can we do as Humans to enter this chain of command?

LG: Act alone or join. No chain of command. Most work alone.

ATS: Is the chain of command idea solely an Earth one?

LG: Yes.

ATS: What about the Nordics, Large Grays, Small Grays and other races appearing to have a chain of command?

LG: Work alone or join.

ATS: Does that mean that some of them work together, cooperate, and others work alone on specific interests?

LG: Yes.

J: Most religions of the world accept life after Earthly death. 96% of Humans accept this as fact. What is the alien concept and is there an equivalent life after death for them?

LG: Humans are limited.

ATS: No, I would like to hear what you know about this!

LG: (No response).

J: What mutual benefits are in place between different civilizations?

LG: Join or act alone. Join, work together. Strengthen purpose and outcome.

ATS: Could I eventually put together a chart of who works together and who works alone?

LG: Yes.

ATS: Basically, as a start, which of the Small Grays, Large Grays and Whites (Nordics) works together and which work alone?

LG: Large and Small Grays together. Whites alone.

ATS: But Whites are seen with both types of Grays on craft?

LG: Yes, visiting, alone, working.

ATS: They appear to be working in cooperation with the Grays?

LG: No. Visiting, alone, working.

J: What will help Humans survive? Are Humans expendable? Are we in danger of decimation sometime in the future?

LG: No. Humans limited but ongoing. Will survive. Not expendable. Valuable. Life. Ebbs and flows of life. Natural and expected.

J: Would there be a sharing of resources with different species in the future. This could affect the Earth financially. Would our leadership agree to share resources? How best can we manage our natural resources without destroying ourselves?

LG: Sharing in place. No need for leadership to agree. Sharing not in conflict with management of resources. Humans are limited and will cause conflict anytime.

J: Are some races hindering or helping us? Do they have a respect for intelligent life?

LG: All respect life. All respect Human life. No hindering or helping. Respect and sharing. Humans act alone, no need for cooperation to help or hinder sharing.

ATS: That is difficult to understand.

LG: Humans alone but sharing with others.

[Client concluded; “Each bit of information can be extrapolated to better understand our situation here on Earth and how we should live and take advantage of our lives during our hopefully 100 years in this evolution.”]

Wright Mills Methodology (Questions on; social structure, social change, social inequality)

CWM: What is the structure of this society/organization as a whole? What are its essential components, and how are they related to one another? How does it differ from other varieties of social order? Within it, what is the meaning of any feature for its continuance and for its change?

LG: We are united. We are alone. We are not of the Confederation.

ATS: I need more than that? How does your society differ from, say, that of one that is in the Confederation?

LG: We are arranged in ninths. Top nine and down. There are always nine.

ATS: You said before that there was no hierarchy.

LG: We are sets of same born in ninths.

ATS: Are you born in the same manner as Humans?

LG: No. We are taken as immature and grown. We have special needs.

ATS: *So, if you have no hierarchy, are you a democracy, with everyone thinking for itself?*

LG: Yes, linked together always in thought.

ATS: *So, by interviewing you, I am also interviewing all other Large Grays?*

LG: Yes, they all share.

ATS: *That is an awesome thought! How do you instigate change, is there a vote?*

LG: There is little change. We all decide.

ATS: *Who made the decision not to join the Confederation?*

LG: We were not ready. We were not invited.

ATS: *Are you physically scattered across the galaxy or mainly all in one place?*

LG: Mostly in one place, many scattered across the galaxy.

CWM: *Where does this society/organization stand in Human history? What are the mechanics by which it is changing? What is its place within and its meaning for the development of Humanity as a whole? How does any feature we are examining affect, and how is it affected by, the historical period in which it moves? And this period-what are its essential features? How does it differ from other periods? What are its characteristic ways of history-making?*

LG: We have always been. Before Human history. No place in changing Human history

ATS: *Some say that alien races designed us? Is that so?*

LG: No, natural beginning.

ATS: *How is history recorded in your race?*

LG: History remembered by all.

ATS: *Do you have writing, books, documents?*

LG: No, all is remembered by all.

ATS: *Historically, what are some major events in which your race has interacted?*

LG: (No response).

CMW: *Social Inequality: What varieties of entities now prevail in this society/organization and in this period? And what varieties are coming to prevail? In what ways are they selected and formed, liberated and repressed, made sensitive and blunted? What kinds of 'Human nature' are revealed in the conduct and character we observe in this society in this period?*

LG: Repeated. Confederate together, others alone.

ATS: *Are there traits that your race shares with Humans?*

LG: Yes, cooperation, trust, shared thought.

ATS: *In what ways are you different from us?*

LG: Independent yet unified as whole. All share thoughts. Able to travel.

TSS Director

The following is taken from the TSS Director, an online effort to document general bodies of information, established by sociologist Dan Brook. The interview structures outlined by Brook will also become part of the assessment of each alien culture.

“Sociology is the study of groups of two or more people and their interactions, including how they act and react, organize themselves, construct ideas, explain the world, communicate with each other, form groups and build institutions, protect themselves, produce, distribute, and consume things, work, play, conform, resist, learn, love, live, and die. Sociology also focuses on the social forces that shape individual lives and how groups of individuals influence those social forces.”

According to E. Barbara Phillips and included by Brooks, basic sociological questions for any given situation may include, but are not limited to the following:

ATS: *What are people thinking and doing there?*

LG: All share thinking and doing. All know all. Thinking and doing the same. Nothing one does, other do not know.

ATS: *So, there is no individuality?*

LG: All individuals.

ATS: *There is a difference in definition of individual. Humans think and act without everyone else knowing what they are thinking or doing, most of the time.*

LG: (No response)

ATS: *What kinds of people are there?*

LG: All one. No kinds of people except different races.

ATS: *How are you like the Small Grays?*

LG: Same. Thinking and doing shared. Some thinking and doing not shared. Cooperation. Working together.

ATS: *How are you and the Small Grays unlike?*

LG: Different travel. Some not sharing. Small Grays fortunate.

ATS: Does that mean that they have implants?

LG: Yes.

In addition, the following series of definitions and considerations from Giddens's et. al. *Introduction to Sociology* will be considered while conducting the Exobiology interviews: Following are excerpts from Giddens's that will guide this project, remembering of course, that these definitions and guidelines were designed for Humans. I believe that they can also be adapted to interact with and study alien races.

"Ethnography; a way of studying people firsthand using participant observation, which entails hanging out with them and participating in their daily lives. It is a powerful research tool that usually generates richer and more in-depth information than other methods. It can provide a broader understanding of social processes. Its drawbacks are that it can only be used to study small groups of people and the findings can only be applied to the community studied. It is not easy to generalize based on the findings of a single fieldwork study."

We are not able to interact daily with this group, the Large Grays, so the preceding questions must form the basis for any conjecture as to their daily life.

"Social Rules and Talk. Language is fundamental to social life. Much of our interaction is done through informal conversations with others. The study of ordinary conversation has come to be called ethnomethodology, a term first coined by Howard Garfinkel. Ethnomethodology is the study of the methods people use to make sense of what other people do, particularly what they say. Many of the "rules" of everyday conversation become obvious only when someone breaks them. We can learn a great deal about the nature of talk by studying response cries. Response cries are exclamations that demonstrate our controlled management of the details of social life. Saying 'oops' after knocking over a glass of water demonstrates to the witness that the lapse of control is only momentary."

Response cries have been indicated by the Large Gray not answering certain questions or being elusive when answering questions. For example, the question about life after death was not answered. It is possible that there

is no life after death for the Grays. Also, the Gray could not come up with any estimates of when the Earth could join the Confederation.

Also, the commonly used phrase “Humans are limited” is often given when the Gray does not want to answer a question or feels that Humans will not understand the answer. This indicates a race that either considers itself superior or does not have the answers.

It is possible that there is some division of knowledge and not all knowledge is shared by the Grays. For example, the Large Gray could not state which historical events the Grays had been involved in. It gave the excuse that answers were “too complicated” as “Humans are limited.” It could not, or would not, give the physics of their travel.

“Conversational analysis is a methodology that examines all facets of a conversation for meaning; from the smallest filler words, such as umm and ah, to the precise timing of interchanges including pauses, interruptions, and overlaps.”

A quick analysis of the Gray’s interactions (I am not a linguist) indicated a scarcity of language and vocabulary, very little creativity, and a “high-handed,” even flippant manner of speech.

“Interactional vandalism occurs when a subordinate person breaks the tacit basis of everyday interaction of value to a more powerful person. It is closely tied up with overarching class, gender, and racial structures.”

It is interesting that the Grays view abductions and implants as positive and “fortunate,” despite my questions about autonomy and control. Also, the continued use of “Humans are limited” was annoying and arrogant.

“Face, Body, and Speech in Interaction. Everyday interaction depends on subtle relationships between what we convey with our faces and bodies and what we express in words. In many social interactions, we engage in unfocused interaction with others.”

“Unfocused interaction; takes place whenever individuals exhibit mutual awareness of one another's presence. Focused interaction; occurs when individuals directly attend to what others say or do.”

There was no face-to-face interaction with the Large Gray but there was mutual awareness and focused interaction.

“There are cultural differences in the definition of personal space-the culturally defined boundary around which people interact with others. The respect for personal space and the invasion of personal space are important forms of nonverbal communication.”

As this was not a face-to-face interaction, personal space could not be assessed but the Large Gray did take verbal turns in the interview, showing awareness of personal space.

“Interaction in Time and Space. All social interaction is situated in time and space. We can analyze how our daily lives are "zoned" in time and space by looking at how activities occur during definite durations and at the same time involve spatial movement. Studying people's movement across time-space can further illuminate the meanings embedded in social interaction.”

This could not be assessed in this interview.

“Linking Microsociology and Macrosociology”

Microsociology; the study of everyday behavior in situations of face-to-face-interactions.”

“Macrosociology; the study of broader features of society like class or gender hierarchies. Microsociology and macrosociology are closely connected.”

“Culture consists of the values the members of a given group hold, the norms they follow, and the material goods they create. Society is a system of interrelationships that connects individuals. No culture could exist without a society, and equally, no society could exist without culture.”

The Large Gray was able to give us some glimpses of its culture, however stereotypical.

The Concepts of Culture.

“Culture; the values the members of a given group hold, the norms they follow, and the material goods they create.”

The stated values and norms with the Large Gray culture appear to be uniformity, sharing, and equality on all levels. There did not appear to be any spontaneity, autonomy, or individuality.

“Values; abstract ideals. For example, monogamy is prominent value in most Western societies.”

The Large Gray did not appear to be able to cope with abstract ideas or perhaps abstract ideas are either taboo or non-existent. Ideas, such as what happens to the Grays after death, were met with no information.

“Norms; definite principles or rules people are expected to observe.”

Norms appear to be the norm in Large Gray society. Everyone is equal.

“Society; a system of relationships that connects individuals who share the same culture. A shared culture is very much the norm with all sharing thoughts and actions. Culture and society are closely related. Cultural variations among Humans are linked to different types of society. No culture could exist without a society; equally, no society could exist without culture.”

In this brief encounter with the Large Gray, it seems that there is very little culture in their system. Earth culture and societies are varied, colorful, and vibrant compared with the life of the Large Gray. This may be an attractant to the Large Gray society.

“Ethnocentrism; judging other cultures in terms of the standards of one's own culture. Countercultures; groups that largely reject the prevailing values and norms of society. Cultural composites; a population made up of a number of groups from diverse cultural, ethnic, and linguistic backgrounds.”

It is very tempting to judge alien cultures by our own Earth standards. We are so diverse and yet retain global norms, such as commerce, privacy

rights, freedom of speech, humor, etc. None of these appear to be present in the Large Gray society. Perhaps that is why we are, as a species, so interesting to them.

“The Development of Human Culture. Human culture and Human biology are closely intertwined. Culture freed early Humans from dependence on the instinctual and genetically determined set of responses to the environment characteristic of other species. Cultures in different environments vary widely as a result of adaptations by which people fashion their cultures to be suitable to specific geographic and climatic conditions.”

“With the studying of other cultures comes the trap of ethnocentrism, judging other cultures by our own standards. Sociologists seek to avoid this with the practice of cultural relativism, judging a society by its own standards.”

As mentioned before, it is very easy to judge another society, particularly an alien one, using our own standards and norms. In this interview, I tried to stay non-judgmental, while accessing information about the Large Grays.

“Cultural universals are forms of behavior found in all, or nearly all, cultures. Language, the prohibition against incest, institutions of marriage, the family, religion, and property are cultural universals.”

The above universals do not seem to transfer to alien cultures. With a strongly developed telepathic ability, the Large Grays probably have no need for language, as we know it. Prohibitions against incest and other taboos, also probably don't exist, as all would know of a breach. Probably, after thousands of years of strong telepathic ability, there are no secrets, and therefore no need for laws and no crime.

“The possession of language is the most distinctive cultural attribute. All cultures have language, but thousands of different languages are spoken in the world. The writing of language is a notable development in Human history. It began as a way to store information, to make lists of important events. But as we know, a text is not just written speech. Language takes on

different qualities when it is put down on paper. The society that began making lists of important events was able to transform language into the ability to locate itself in time and space.”

“Linguistic relativity hypothesis: Sapir and Whorf argue that the language we use influences our perception of the world. Human behavior is oriented toward the symbols we use to represent "reality," rather than to the reality itself; and these symbols are determined within a particular culture.”

“The symbols expressed in speech and writing are one of the key ways cultural meanings are formed and expressed. But language is not the only culturally symbolic form. Behavior and material objects can be signifiers as well. A signifier is any vehicle of meaning. Semiotics is the analysis of nonverbal cultural meaning. Sociologists have found semiotic analysis to be useful for comparing one culture with another.”

Many researchers have discovered a correlation between symbols found in crop circles, UFO sightings, and symbols remembered by abductees to symbols such as rune glyphs and other ancient markings. A study of these symbols could tell us more about different alien cultures. This has been a fascinating first session. I have learned a great deal from it and hope that the Large Grays have also learned more about our Earth society. The next two races to be interviewed are the Whites (Nordics) and Small Grays, in that order.

References: (May now be out of print or unavailable)

‘*The Three Great Sociological Questions*’ [adapted from C. Wright Mills. 1959. ‘*The Sociological Imagination.*’ London: Oxford University Press]

2019 Notes: For individuals who are interested in reading more, ‘*Voices from the Cosmos*’ is available on Amazon.com or you can contact the author directly for a signed copy. In addition, a FREE Excel database of all the factors mentioned in the ET Interviews is available by emailing the author at mindwiseconsulting@gmail.com



Searching for Atlantis

2019 Notes: The client requested a series of projects examining how individuals and society can extend the Human life span beyond its current range, if this was accomplished in the past by other societies, and what do we need to do to achieve this. Is the current lifespan inherent with our living on Earth? This first project focused on Atlantis: the remaining sessions in this series were more concerned with known historical and medical research.

In the first Atlantis project, a prediction by Edgar Cayce, that a group known as the Atlanteans lived to be 150 and 200 years old, was examined. At the point of carrying out the first part of this session, communication with the Atlanteans, I had not read any of Cayce's perceptions about this group or read Mark Thurston's book on Edgar Cayce's Predictions. After completing the first part of this session, I added some comments after researching Cayce and Thurston's work, looking for any data matches.

Atlantis – Phase One

Atlantis Longevity
October 30th, 2007.

In the project for Phase One of the Atlantis series, I decided to contact individuals living on Atlantis and perceive their stories. At this point, I was not confirming Atlantis as a real place existing in the past but keeping an open mind to the possibility.

Freja.

Using Extended Remote Viewing (ERV – a stream of consciousness method) I ventured into a narrative with a request to an Atlantean to dialogue with me. A woman named Freja (pronounced Freya) was

perceived. I reasoned that the information received could be at least symbolic.

Freja gave me the following information. I gave Freja the geometric outline of Atlantis that is so often given by modern authors. She laughed and said that was not the case. Her land was a series of many islands, some connected by causeways or dry land bridges, others separate. They did have boats and swam between the islands that were close to each other. I asked how many islands but Freja did not have a concept of numbers.

I asked if there were others who had a concept of numbers and counting, remembering the technology perceived in a prior session. She said that there were Craftsmen who could measure things. For Freja, things were many or few, smaller or larger, nearer or farther. She said that was all she needed to get by, why want anything else?

Freja did not have a concept of a round, global Earth. Her concept was that their land existed in a shallow dish or saucer with many things outside. She gave me a picture of a shallow dish with a pastry in the center surrounded by milk. There may be a table outside the dish, she reasoned, maybe a room, but we do not know. The islands did not appear to trade with other lands and were perhaps isolated by distance, culture, or other factors. It is possible that the island existed in a huge, volcanic caldera, many hundreds of miles across but Freja could not tell me if this was so.

I wanted to ask about longevity but decided to ask first about diet. She told me that there were grains grown on the islands, but their food was mostly fish (Peq), fowl (Praq) and goats and sheep (Feral), there were no cows or similar animals. Also eaten were herbs and greenery, seeds, fruits, roots, and other wild vegetation. Most sheep and goats were domesticated but others were wild. Freja told me the story of how they came to be tamed.

A young woman found a young lamb and, as she had just had a child, she suckled the lamb along with her own child. The sheep grew and so did the child. But as the child progressed to cereal and fruits, the sheep started eating grass. The sheep was put into an outside enclosure as it did not learn to manage its bowels, like the child, and it was fed water and dried grass. It grew much faster than the child. Eventually a wild ram came down and mated with the sheep and the sheep gave birth to twins, a sheep and a ram, which formed a flock in a few years. That is how they became useful to people. In thanks to the young woman who had suckled the first sheep, the flock gave cloth and milk.

I asked her when this story began, and she told me it was in the time of her grandmother, which indicated that Freja did not have a concept of extended time. Other than giving milk and fleece, the sheep and goats did not appear to be eaten. Wild fowl were domesticated, gave eggs and were killed to eat. Likewise, many different varieties of fish were caught, baked and eaten, some being eaten raw. The diet was similar in constituents to a modern Mediterranean diet. Supplementing this diet was a form of domesticated wild grain, which looked like barley, fruits, herbs, roots and seeds in season.

Freja had many sisters and brothers and growing children but no grandchildren. I asked her how many grandchildren her parents had but her parents were deceased. I asked her if there were people who lived to have children, grandchildren and great-grandchildren or even greater generations. Her reply was that many people died after raising their children but there were some very great elders who lived to see their great-grandchildren and even fourth and fifth generations. These elder people retained all their mind, body and spirit and were sought after for their advice. I decided to meet with a Craftsman and an Elder after talking to Freja.

I asked Freja about health and long life and she said there were many customs and superstitions to help people stay young and healthy and have healthy children. Many of these were connected to the elements: sun, wind, water and fire: either the seeking of these elements or avoidance of the elements. Rain was an important element in keeping well and rainwater was collected and used in washing, drinking and medicinal bathing. Storms, thunder, lightning and hail were avoided and thought to be detrimental to health, even to hear or look at these elements, especially if a woman was pregnant, giving birth, or raising children. Babies were washed in the first rain after their birth and dried in the sun and wind.

After giving birth and following menstruation, women washed in the sea and dried in the sun and wind, unless there was a storm. These customs assured the health of the family: men, women and children. However, it did not seem to lessen the amount of woman and babies lost in childbirth, children lost to illness or men lost at sea. Blood loss was a big taboo and red avoided in textiles and crafts. Freja's social level did not appear to have long lives despite their good diet and customs.

Freja's class appeared to be matrilineal that is, heritage ran from mother to daughter, rather than father to son. Women, as child-bearers and raisers were revered. Men were providers and, if a husband died, the husband's brothers provided for the wife. Theirs was a simple life with few worries but great longevity was not evident.

Craftsmen.

A Craftsman, who called himself Mast, was perceived. He was anxious to talk to me and berated me for making him wait and for talking to Freja first. Mast assured me that Freja's class was simple and primitive. I should have come and talked to him first, he chided. If I wanted to know anything, I should have asked the Craftsmen. I decided to go straight to the point and asked him about longevity. I explained that there were historic stories about how their society had long lives and extended their lives beyond the norm. That we were interested in longevity and how other cultures could contribute to what we know about extending our lives. Again, he berated me and, at first, told me that longevity was a myth. That there were no long-lived people on their islands (despite what Freja had told me) and that I would be better off studying the lives of the Craftsmen.

I asked Mast about his life, if he had a wife and how many children, great-grandchildren he had. He explained that he had no wife, being still an adolescent, and no children. He said that he would be permanently an adolescent until he died and that he would never take on a wife or children. I asked how and why this was. Mast told me about the Craftsmen society, and how it capitalized on the ingenuity, vigor, creativity, inventiveness, and life energy of the society's young men. Their maturation was arrested chemically mid-way during puberty when muscle and brain growth was at its peak. They wore green as a symbol of their caste and were well respected in their society.

They lived on three islands in the center of the complex of islands. They seemed advanced, in that they had a type of electricity which ran continuous light panels (rather than bulbs or tubes), had moving machinery, foundries, workshops, hydraulic devices, and laboratories. The young men were favored with prostitutes, chefs who cooked excellent meals, and many different forms of sporting and cultural events. The Craftsmen were not expected to breed, as many young men would eventually fill their places.

They were the ultimate “nerds”! They had everything that a young man would want except a longer life.

I asked Mast how and why they died and how long they lived. Mast explained that Craftsmen lived a very full life and that they provided a service in return for a rich life, even though it was short, and that it was an honor to be chosen as a Craftsman. He also explained that Craftsmen usually “burned themselves out,” became sick or diseased, and some killed themselves. From how he described the sickness and illness it sounded like some sort of autoimmune disease causing the body to attack itself. Mast seemed quite happy with his life and did not yet appear to have any disease or sickness.

I asked Mast what it was all for: the formation of the Craftsmen, their short lives, and their production of energy, machines, inventions, and devices. Finally, he said their purpose was to provide both for themselves, so that they could create a better life for themselves and others who he called the Elders (the same name given by Freja).

I asked him if he also came from the Elders. At first, he said he did not know. When pressed he said that he came from the outer islands, which explained his annoyance with Freja being approached first. Even here, humble roots were sometimes a cause of embarrassment.

Mast was asked about the Elders, but he was reluctant to give any information, either because he did not know about the Elders’ lifestyle, was warned not to talk about them, was protecting them or was being stubborn. I did not ask him about the devices which were perceived to cause the destruction of the islands, as this might have set up a self-fulfilling condition. Instead I asked him what he was working on currently.

He took me to his workshop and showed me a levitating device that could carry persons over uneven ground, up and down mountains, and even across water, if correctly adjusted. He was still working on the device and it was not finished. He demonstrated the apparatus, which looked like a comfortable chair, and it rose and fell as he instructed it. The device appeared to work on voice commands. Mast was very proud of his invention.

I asked Mast if I could communicate with the Elders and how I should do this. Mast recommended that I not talk to them as they would not talk to me. He said he had tried many times, trying to build communications

devices. Perhaps he was still protecting the Elders. When I asked him if he had used his mind, he was surprised and hadn't considered that.

Elders

To communicate with the Elders, I requested a communication with the eldest of the Elders, one who was competent in mind and spirit. The name that was perceived was Grace, and, even though this is a modern name, I have used it here. Grace was willing to talk to me.

The energy that was perceived from Grace was calm, educated, thoughtful, expectant and welcoming. Mast was wrong that the Elders would not want to talk to me. Grace waited expectantly, and I respectfully asked about the Elders longevity and what contributed to their long lives. I asked how many generations of children, grandchildren, and great-grandchildren Grace had produced. Grace gave me the following responses.

Among the Elders there are many who have long-life in their lineage. Not all the Elders had this lineage, although many live long enough to produce children and great-grandchildren. Grace had produced children, grandchildren, great-grandchildren and an additional seven generations of descendants after that. Assuming a generation as 25 Earth years in civilized societies, that would make her around two hundred and fifty years of age. This was an impressive age!

Grace felt that there were several factors that contributed to her great age. The first was that, while her physical body had failed her about a hundred years previously, her mind was still active. She spent her days utilizing all the expertise provided by the Craftsmen and was very appreciative of their contributions. Her life was not one of senescence and modern nursing home care.

Grace led a life of ease and care of her frail, physical body, while great effort was made to ensure the entertainment, exercise and enrichment of her mind. She was carried to entertainment and social events, these were also brought to her home, she was provided with opportunities to communicate with others, her home was filled with beauty, music and flowers. The homes of the Elders, she told me, were placed on the highest points of the islands so that, when they were ready to be reborn, they could ascend and descend

quickly. The sky, rather than the underworld or other dimensions, was thought to be the place where they became regenerated. Grace looked forward to regeneration but was not in any hurry.

I asked her about her diet and other factors that might work with good lineage to produce a long life. Her diet did not seem to be any different than that of Freja or Mast. Grace felt that lineage was the most important factor. I thanked her and asked to speak to another Elder who was one of the Eldest and who was still able in body as well as mind.

The next Elder to communicate was Doff, who also seemed pleasant and ready to talk. Doff was a musician and spent his days playing a variety of musical instruments. I asked him the same questions. Doff also felt that lineage was important, but discourse was also important, strengthening the mind and body. Doff had less generations of descendants and would have been around two hundred years of age.

I asked him something that had been bothering me. If so, many generations were born, how is it that the islands did not fill up? His response was that many young men were sent to be Craftsmen (and some Craftsmen came from the outer islands). Not all the descents carried the lineage of old age and many died in infancy, childhood and adulthood. There were few like Grace and Doff that made it to ancient ages. Doff felt that their privileged lifestyle helped them live well and live to an old age, but the lineage effect was the main contributor to a long life.

Another question was nagging me and that was about Freja's group. Who were they and why were they there and not with the Elders? Doff told me that these were people who had been born as Elders but for various reasons: mental or physical, could not survive in the high intellect/high activity worlds of the Elders and Craftsmen. It was thought to be kinder to them, to let them live in a society suited to their capacity. Occasionally a child would be born that could be reintroduced into Elder society or entered Craftsmanship. But this was a rare occurrence.

Finally, I asked Doff if there were stories of where his people came from. He responded that the islands were once part of a larger community that flooded and drowned. This happened before he was born and before his great-great-grandfather was born. Now, they were a self-sufficient people who had arranged life to be comfortable and sustaining. I thanked him and all the people I had met and for their information.

Cayce on Atlantis and Longevity.

The following quotes were taken from the Association for Research and Enlightenment (ARE) website on Atlantis and Longevity (that were accessed following the ERV session).

In his psychic discourses, Edgar Cayce made numerous references to longevity. In several "life" readings in which he explained reincarnation and described prehistoric civilizations (such as Atlantis), he noted that in previous eras the Human lifespan had been much longer than in the present. He stated that it was not unusual for individuals to live to be several hundred years old.

This theme was sometimes elaborated in follow-up readings when he was asked about the practicality of multi-century lives. In one exemplary case involving a man who was told that he had been active for 177 years in a past life, a follow-up reading was given which listed the various aspects of longevity, including specific and general recommendations for extending Human life. Reading 2533-6 begins with an excellent discussion of the role of heredity and genetics on life expectancy, health and illness.

This statement very much ties in with the Elders' statements about longevity being in their heritage and having more effect than diet and other factors. Cayce continues:

"The tendencies as to the ideal are well. As to whether ye keep same, this ye determine in thine own mind. But ideals are not your mind, - ideals are principles acted upon BY the mind. But remember, just as that expectancy; because your great, great, great, great grandfather died you will die too; is there and is part of the expectancy of every cell of your body! It can be eradicated, yes. How? By that constant activity within self of expectancy that this condition does not HAVE to happen to you!"

This is an important factor, expecting to live a long life. The Elders knew that they had longevity in their lineage and therefore had the expectation to have a long life, even if only some of them had super-long lives. ARE on Cayce continues:

This reading also emphasized the importance of having a definite spiritual purpose for living. This was a common theme in many of the

readings which discussed longevity: "...you will live as long as you desire and do good for others." (5223-1) Edgar Cayce used the expression "preventative measures" in reference to certain basic therapies and practices. Regular use of hydrotherapy, osteopathic treatment and electrotherapy (particularly the Radial Appliance) combined with exercise, proper diet and meditation were consistently recommended to prevent illness and extend life.

None of these factors was mentioned by the Elders although both Grace and Doff stated that there was a huge effort to keep the mind active, stimulated and dynamic.

Reading 311-4 also describes a simple meditative technique which focuses on the pineal gland to reduce stress. Interestingly, in a reading given for himself (294-141), Edgar Cayce observed; "Keep the pineal gland operating and you won't grow old; you will always be young!" This sentiment was also expressed in another important reading on longevity (900-465).

While the Elders did not specifically mention stress reduction, their lifestyle certainly reflected this, albeit at a cost to the Craftsmen.

Mark Thurston, '*Cayce and Atlantis*.' (Excerpted from Edgar Cayce's Predictions for the 21st Century. Mark Thurston, Ph.D.)

From Thurston's evaluation of the Atlantean epochs, it appears that the period entered during the previous communications with Freja, Mast, Grace and Doff, was the Middle Epoch around 28,000 B.C., when what remained of Atlantis was "now broken up into merely a set of islands; three principal islands and a few smaller ones. Political struggles between two factions led to a misuse of technology and the resultant second destruction." It is interesting that Mast said that they lived on the three central islands and Doff mentions a previous land and destruction. My previous knowledge on the subject was there was only one destruction.

Thurston also notes "Some people (in Atlantis) were said to have worked with machinery, electrical and chemical forces, radiation and heating, and mechanical appliances. Others were said to have worked in art and decorative work, or as ambassadors and diplomats. Still others worked with 'crystals' that sound like modern lasers." This division of labor sounds very much like the Craftsmen and the Elders.

I like what Thurston says in his Introduction; that we should consider that life extension is really a three-way challenge. There are physical, mental and spiritual components. He and Cayce state not to get hung up on numbers. If predictions say we could live to 120, should we strive for 121? If the predictions say 150, should we strive for years greater than that number? Or is humankind genetically stuck with “three score years and ten?”

Atlantis – Phase Two

Introduction

From September 11, 2008, until November 25, 2008, Jay decided that we would work on a topic that was close to his heart. He had always been interested in the subject of the fabled land of Atlantis. The projects were tasked by a series of questions asked by Jay, and the sessions contained both researched historical material and intuited responses. During the three months working on this series, we covered: the known history of Atlantis; the possible genetic origins of the Atlanteans and the dispersal of this genetic heritage when Atlantis was destroyed; where Atlantis was located, their transportation, language and energy use. For these sessions, there was no coordinate and I was the only viewer with Jay as my tasker. The sessions were conducted in the little town of Wimborne Minster, in the south of England where I was living for six months during 2008 and 2009.

2019 Notes: The following sessions were preceded by an Excel database of information and books that were recommended by the client on Atlantis and a compilation of some prior work on Longevity and Life Extension. The sessions were conducted in Extended Remote Viewing (ERV) a “stream of consciousness” method of remote viewing. Where additional material was accessed through research this is noted and references given, where available.

Phase Two begins with a session outlining some of the story of Atlantis using Extended Remote Viewing (ERV), searching for unknown information. Lastly, the client wanted to know what Plato the historian had to say about Atlantis.

Atlantis Revisited
September 11th, 2008

2019 Notes: In Phase One, the historic topic of Atlantis was explored, looking at their way of life, social strata, and how they lived their lives. Phase Two revisits Atlantis and takes another look at the following questions. An Extended Remote Viewing (Altered State) was conducted to access the island state of Atlantis and the following was perceived.

1. What health practices did they engage in?

On arriving at the healing location, I perceived an area set aside within a high wall. There was no gate to the enclosure as there was nothing to steal. There was a central garden area surrounded by open rooms with no closed doors. The rooms had no windows, but ventilation grills set around the room connected to the outside air. There was a constant flow of air from the open doorway through to the open grills. The buildings and rooms were white-washed but one wall of each room was decorated with an elaborate artwork covering the entire wall. These depicted nature scenes, the ocean, the sky, and clouds. Each room appeared to have a theme: land, ocean, or sky. These were perceived to encourage the room's occupant to meditate and dream on a certain theme.

The rooms did not belong to just one occupant but were allocated by day or night. For example, an individual might be allocated a cloud room by day and, perhaps, an ocean room for the night. Furnishings were simple: a low bed connected to the floor (more on that later) and the bed was furnished with several cotton-filled flat mattresses, a neck roll and a light, covering blanket. The simple bedding was colored blue. On the floor was a blue sisal-type area rug. There was no provision for private clothing; individuals were provided with short or long-sleeved toga-like, wrap-around garments in white and blue. I did not perceive any reading material or electronic devices for communication or entertainment.

Individuals were not considered patients and they were not considered as having any disease, although some could be having what we in the west would consider disease and injury. Individuals were there at the healing location to work on inner healing and to place themselves in an

environment for healing. The closest definition I could find was equivalent to a sanitarium.

At the end of the large enclosure of rooms was an area set aside for cleansing, bathrooms and bathing. There were areas set aside for men and women or, if they preferred there were mixed facilities. Water was abundant and hot and consisted of heated seawater that was diverted through pipes heated by solar and geothermal heat sources. The water maintained a steady temperature. The water was constantly circulating, waste was not considered as everything water and heating was freely available. Cold water was also available for those who wanted but most seemed to prefer the warm water.

I saw both men and women walking about and sitting in the park area. They conversed in whispers or were silent. Most were barefoot or wearing slip-on sandals. The temperature was warm although light rain was perceived at times. There were tiled gullies around the location and rooms were built with slanted roofs for run-off. Walkways were paved in white stone slabs that were fitted together. Individuals were not expected to work but there were hired individuals who sluiced down the walkways, cleaned the washing and bathroom areas, provided clean clothing and towels and prepared the food and drink.

As well as the individual rooms, there were larger rooms set aside for singing, silent dancing (sometimes to the beat of a drum), conversing (in a whisper) or consulting with a healer who just listened. This was a therapy in that the healer listened to the individual but offered no analysis, comment, or interpretation, just listened. Individuals talked about their dreams, their thoughts, their meditations and their contemplations. There was no timetable or schedule. If a drum was beating, people gathered in the dancing rooms. Individuals also seemed to gather, as if drawn, to rooms where whispered conversations were taking place. There were low benches or individuals could sit on the floor. It was not considered rude to enter or exit these rooms at will, rather than stay for a fixed time.

There were no other communal rooms except a type of refectory, where food was always available. There were no set meal-times. Food was very simple: breads, cheeses, fruits, vegetables, (very little meat was observed although fish dishes were abundant), water and light wine to drink along with a fermented milk product like yogurt (both in a thick and thin variety). Ceramic cups and dishes were provided. Individuals were free to

meet with a healer, who listened and placed a non-verbal, healing intention upon the individual. Individuals could stay for a day or perhaps a year or more depending on their need.

At the entrance, and set a short distance apart, was a reception house where individuals could arrive at any time to leave their belongings, be given simple clothing for their stay, and to be given instruction on what they could expect during their stay. If there were any questions needed to be asked during their stay, individuals could leave the sanitarium and go to the reception house to ask, rather than interrupt the flow of the sanitarium. At the end of their stay, the individuals could return to the reception house to collect their belongings and leave, whenever they chose. There was no set time for entering, leaving or staying. Some were perceived to leave coins with the reception individuals. No money changed hands within the sanitarium. Talking was done at a normal tone in the reception area but raised voices were not perceived. Individuals were perceived to continue to talk in a whisper when they left the sanitarium.

What did they find beneficial for their health?

The healing modalities found beneficial were:

- Silence
- Contemplation and meditation
- Dreaming
- Talking about inner thoughts, dreams
- Grounding (see below)
- Warm water and fresh air

2. What energy systems did they use and how did they use these to understand their health?

The following was observed:

- All the metal used within the sanitarium was copper which was, for example, used for lining the sea-water baths (bathers sometimes experienced a mild shock when first entering the sea-water!)
- Beds, chairs, and tables were all built from copper or a copper alloy and the legs and stands extended down into the Earth for a period of five to six feet. Chairs out in the central park were also of copper and extended down into the Earth; they could not be moved around. They were arranged in groups or singly or individuals could sit on copper plates that were set in the ground. In this way, the Earth's electro-magnetic energy was transferred to the sitting and resting individuals. It was also perceived that the walkway paving slabs were lined underneath with copper.
- It was understood that the body had its own electro-magnetic energy field that sometimes needed to be "re-set" and the copper connected to the Earth's field could do this.

3. What systems of body energetic did they know about?

It was commonly understood that the Human body was composed of salt water and electrical energy. Thus, these people understood that whatever was troubling individuals could be re-adjusted by the application of salt-water, heat, and electro-magnetic energy from the Earth. This re-setting could take place in a day or could take a much longer time. There were no physicians diagnosing or prescribing; everyone was supposed to understand when healing had taken place.

These individuals also knew about the healing power of the mind, of attitudes and that the verbal centers of the mind (the "talking one") needed to be quietened, for healing to take place. This took place through

whispered conversations and relating dreams and thoughts to a listener/healer.

4. It is known that they tapped into Earth's energy. How did they do this?

This was achieved by the direction of the Earth's energy up through the copper fixtures into the individuals through the combination of copper and salt water.

5. Did they have technical assistance to do this?

There was no technical assistance, as we know it, only the application of the Earth's energies. This was done in a passive way with individuals determining when they had enough and could leave. There were no rules for how long or how often an individual could access any one healing modality: they could stay all day in the pool, if they wished, or spend all day in bed, or all night in the park in whispered conversation and dialogue. Interestingly, there were no "difficult" or loud participants as is often seen at modern, western healing and learning centers. Each person was their own healer. Mostly, in the modern, western world we expect healing to come from outside of ourselves, these individuals expected healing to come from within.

6. What customs did they have that enabled them to enhance their health?

It was perceived that, in addition to the sanitarium (of which there were many throughout the islands), individual homes also had rooms set aside with a smaller version of the healing center: consisting of a copper-lined pool, copper bed and seating embedded in the ground. It was expected that individuals would take, at least one day, a solar cycle, to stay in the room, perhaps even longer, if needed.

7. They were reported to be a long-lived people; how did they make that happen or was it a natural occurrence?

They were a naturally long-lived people who abhorred stress and distress. Their lifestyle was cultured and civilized, even down to the lowest level. It has been noted by modern sociologists that in smaller communities where individuals know each other, civilized and considerate behavior is expected and found. This attitude was perceived in the individuals frequenting the sanitarium.

8. They were acknowledged to be an advanced civilization and much of their knowledge has been lost. Why and how did this knowledge become lost?

Everything was lost and everyone and everything went back to “square one.” An interesting consideration of this, in a novel form, is written about in Hank Wesselmann’s, *Spiritwalker* when he feels that he has met an individual living 5,000 years in the future, after the fall of American civilization. Reading Wesselmann’s book reminded me of what might have happened to the Atlanteans.

9. Were they basically “back to square one?”

Yes, they were to some extent. Fortunately, some of them were able to meet up with other civilized cultures and to continue living a modified lifestyle. However, they were not able to completely reconstruct from what they had. For example, you or I would be unable to build a TV set and expect it to receive pictures, if our civilization was destroyed, because the whole television infrastructure (people, locations, events, equipment) would not be in place. What happened was not that they were knocked back to square-one but perhaps to square three or four, where they were able to live a modified lifestyle in other locations.

10. Were they more advanced than we are today?

They were not more advanced only different. They had adapted the Earth's energy: solar, geothermal, wind and water to serve their needs. For example, rather than sending electromagnetic signals through the air in the form of communications and entertainment, they had a system of producing frequencies through the ground that were able to be deciphered at a distant location. This communication was never private but meant for everyone. There was no private communication except that told to another person either through a courier or a messenger.

11. What means of conveying information did they have? Did they have writing?

Yes, they had writing but this was intended for recording historic events, rather than for communication. It was considered a waste to use writing and paper for personal communication and students were discouraged from doing this. What could be learned was through the media of the written word (intended for everybody) or through personal communication.

12. Did only some strata of society use and understand writing?

There were times in Atlantean society that some lower classes did not have or use writing. However, at the time of the destruction of Atlantis, almost everyone could access the written word. Most of the Atlantean writings were destroyed except for one or two artifacts that traveled with individuals to other locations. However, the majority of these are now long-gone and, if found, would not be understood by modern people.

13. Do the Nordics or other races have knowledge of Atlantis?

The Nordics say that they have no record of these people, they just lump all Humans together as a group.

14. Do they know what happened to them?

They say, no, they do not know what happened to them.

15. How did they detoxify?

The Atlanteans did not need to detoxify, in the sense that modern Humans do. They did not live in a sea of electro-chemical pollution, as we do. Their diet was free of chemicals and pollutants and they led a civilized, less stressful life. The sanitariums provided a way to “re-set” the body’s electro-chemical functions and these were used often.

16. Did they have knowledge of electromagnetism and did this affect their health?

As previously described.

17. How did they manage the effects of chemicals on their bodies?

There were no artificial or excess natural chemicals as we must contend with today. If an individual experienced an excess of eating or drinking wine, they spent some time in their personal home sanitarium or visited a public sanitarium for healing.

18. How did they manage the effects of stress on their bodies?

It was acknowledged by this people that some stress was a normal part of life and was dealt with in the course of daily living. When stress became too much, say through bereavement, accident, or other loss, individuals would de-stress either at home or at a healing location. Unmanageable stress was often accompanied by attempted suicide or an unbalanced mind and these were accepted and managed by the Atlantean society in the form of closed locations that resembled the sanitariums.

19. Was city life stressful for them?

They did not have cities, as we in the modern, western world know them. Cities were cleaner as there were no vehicles to pollute. Life was also quieter which allowed people to talk quieter to each other. Life in general was stressful, even for the Atlanteans, but not to the extent it is today in modern cities.

20. Were there different levels of stress at different levels of society?

Yes, but again, this was managed in the course of daily living. There were no specialized means within society except the sanitariums for dealing with excess stress.

21. Give an overview of 10,000 years of existence for them?

This is beyond the scope of this present project and will be tackled later.

22. What issues did they have?

Basically, the same ones we have today that involve living, loving, finances, and death.

23. What were their dreams and inspirations?

Again, their dreams and inspirations were the same as those of modern people. People are people whether they lived in the stone-age, on Atlantis, or in the modern world.

24. Were these related to their class system?

Yes, an agricultural worker would worry about the weather and his animals, the same as a modern, western farmer. A teacher would dream

about having their own place of education and inspirations for their students' learning. Nothing much has changed.

25. How did they define civilization?

Civilization was confined to the islands and everything outside either barbaric or semi-civilized. Civilization was defined as the Atlantean way of life.

26. What can we learn from them?

We can learn to simplify our lives and reduce the amount of chemical and electro-magnetic pollution around us, for example not living under or near power lines. We can learn to de-stress naturally through the energies of the Earth: geothermally-heated sea water, utilizing the energies of the Earth, air, and water. We can quieten our own lives by reducing the amount of ambient noise in our environment.

27. Can their practices be applied to our civilization?

One civilization cannot take another civilization's practices totally into practice but select parts can be applied to modern life such as those practiced in the sanitariums.

28. What happened to those who escaped the cataclysms?

They merged into other civilizations into which they were rescued or traveled. They took some of their practices but eventually took on the customs and culture of their adopted society, therefore losing much of what they had acquired on Atlantis.

29. Anything else that was perceived?

There was nothing else perceived currently. Another session will be conducted to look at the course of Atlantean history.

The Settling of Atlantis.
September 21st, 2008.

2019 Notes: A previous project looked at a specific time in the history of the fabled land of Atlantis and found many specific and unique healing modalities practiced at that time. The client asked that Atlantis be revisited many times during its history to look at its origins and development over time.

He wrote: “Keep in mind that Atlantis may have existed for many hundreds of thousands of years, went through many rises and falls, and had shifting territories at different stages of evolution. Please continue with this investigation broadly. You will find other practices and knowledge. While they did not have many of the technologies we have today and were not as sophisticated in many ways as we are today, they did understand the world’s energies, the power of the Human mind (and what else) and how to use them and were far more advanced than we are today in some areas.”

He continued: “I believe that they knew how to use Vril energy for powering devices. What was this and how was it used? What powers of the Human mind did they use and how did they use them? Did they telepathically communicate with each other, negating the modern use of media? What did they communicate through the Earth and sea? What other practices had they evolved (food production, water use, societal specialization, education, factors that engendered long life) that have been lost to succeeding generations.”

The client added that through his Spirit Guide he had learned that “this characteristic of civilizations, to gain and lose knowledge over time, is common throughout the universe. Thus, the investigation of an Earthly civilization that endured multiple times longer than our present one is potentially very valuable and fundamental to our work in “Mastering Life on Earth.” Information from European groups studying Atlantis, Lemuria, Mu and other Earthly Human societies is still useful and valuable today.”

The Settlement of Atlantis.

The client's logical expectation of the beginnings of Atlantis was that it probably went through the same progression as most other evolving civilizations: from Stone Age, up through metal working, hunter-gathers, through the changeover to agriculture and then up to an industrial age and onwards.

However, this was a wrong assumption. When I came to look at the beginnings of Atlantis, I found it colonized by a race of Humans that came from the south, through warm seas, riding the currents, much like the Tahitians traveled to Hawaii. However, these were not Tahitians, being much taller, leaner, and lighter skinned than South Pacific Islanders. Their methods and customs were similar, but their appearance was very different.

Basically, these were a light-skinned, red-headed people who were extremely smart, logical and innovative. These were not a people content to do things the same way every time but a race of people who tried different things. They were perceived to be the outcast rebels of another group of individuals who lived to the south. The landing point, of what was to become Atlantis, was sufficiently far enough away from the point of departure to be considered a new start.

Both men and women worked rather than there being a division of labor between the sexes. Women fished, carved canoes and carved art just as well as men cooked, looked after children and cleaned the site. Duties appeared to be shared and there was a democratic arrangement between the men and women. This goes against the accepted stereotypes of ancient men being the ones who worked outside the domestic base and the women who stayed with the children in one location. Children appeared to be born to one couple but were cared for by many although children retained a special attachment to their birth parents. Children helped their parents with their work as soon as they could walk and carry, sometimes even before they had language.

Basic living took place in a series of shallow caves bordering the ocean beaches and fish and other marine creatures were the main food source. Drinking water came from numerous streams that ran down the beach to the sea. Both men and women were adept at carving and then steering a canoe in rough seas. Women appeared to be as strong as men with muscled and stocky bodies. Clothing was often nothing at all except for a soft skirt of grass when approaching adulthood (signified by the onset

of menses for girls and “shyness around girls” for the boys). There were no traumatic rituals such as circumcision, tattooing or scarification but paint was always liberally applied except when in or on the sea. Fishing was performed both from the beach and from canoes.

This was a decorative people: they decorated everything from themselves, to their canoes, their eating and drinking utensils, living spaces, and neighborhood landmarks with paint. They carved but in wood rather than stone. Much of what they had and did was temporary, having no concept of fleeting time but having a sense of time extending forever. There was no need “to make a mark” that lasted.

There was an understanding that the ocean had an energy that needed to be respected, especially when the sky met the sea during rain and mist and when lightning touched the sea. It was thought wise to be on the land when this happened. There was an understanding of currents and winds that acted as highways (much as the modern Tahitians understood the currents between the islands and took advantage of these for trading.) The early Atlanteans knew that at certain times of year they could return to their old homes but chose not to do so.

As an innovative and inquisitive people, they ventured inland and gradually spread out over a series of islands that eventually composed Atlantis. There remained no evidence of any impact of these people on the islands, but they were around for a great deal of time, possibly around five-hundred years before they began to become more sophisticated.

This early race was a people who liked discourse. They liked nothing better than to talk although they did not have the written word. They talked morning, noon and night and it was this discourse that bound the people together. There were discussions about the ocean, about the sky, about the land, about the children and the people. There was very little that did not get discussed. As some ventured inland, this again became the subject for discussion and speculation.

From time to time others came from their original homeland and they were accepted into the group with little disagreement. In fact, there was little discord or anger among these people. Disagreements were attended to when they happened, and these discussions often spread out to a wider group before they were settled. Usually, discord was settled by the offering of a stick or a stone, one that was found on the floor or from a tree or the beach, symbolizing that they all belonged to this place and shared it equally.

Children learned this practice early on and even very small children could be seen employing this means of ending fights. This was not perceived to be a long-lived group overall. Women died in childbirth, infants and children died early on from infections and injury, and adults died early probably from vitamin and mineral depletion.

An oceanic diet did not provide all the needed nutrients although kelp and other seaweeds did form part of their diet. There was some wild fruit growing seasonally inland and grasses, but these did not form staples of the diet. Meat from hunting was not present in their diet. Fishing was the main means of feeding the people: fishing was performed either through fiber nets or sharpened sticks used as spears. They brought fire with them from their land of origin and knew how to save fire in a hollow stone that was fed with fibers. Fish was mostly cooked although it could also be eaten raw.

The early Atlanteans may have been perceived to have an idyllic life but it was not the paradise that it seemed. It took many people hours to feed the community and much of the time was spent fishing and preparing food. As the people had no metal, food was either roasted whole on sticks or wrenched apart by hand. Childbirth and early childhood were dangerous times and much talked about. There was a high incidence of miscarriages and stillbirths due to the poor diet. A child who made it to the walking/carrying/talking age was considered lucky.

Regardless, they did thrive and grow as a community albeit gradually. These were not primitive people, but they were living at a substandard level. There was some level of mental communication between them, especially between related individuals and “special” individuals who appeared gifted. However, the main means of communication was verbal language which formed a social bond between the people.

While they were innovative and curious, their efforts were restrained within certain boundaries. For example, they were aware of birds and animals but did not consider them as food sources. There was no taboo against eating them, it just did not occur to them to kill and eat animals or birds or eat their eggs. It was considered enough to get what they needed from the ocean.

There was no recognized form of government in the community, nor any group that lay down or enforced laws. Disputes were settled, usually the same day, by the offering of some natural object to the other person or

group. This settled the matter and the people were able to get back to the business of living their lives.

There did not seem to be any natural predators except that the people were aware of sharks and other larger creatures in the ocean. There also did not seem to be any extremes of behavior, in the form of mental illness, extreme anger or depression and any evidence of this was handled within the society. For example, an angry individual or group was immediately taken apart from society and listened to by many others. They could say whatever they liked, for as long as they liked, and nobody commented or counseled. (I think it was from this early practice that the healing modality of talking emerged into the society that was looked at previously). This usually seemed to solve the problem.

What was heard was discussed with others and the society adapted accordingly. If an individual began a dispute, they were first offered a natural, symbolic object then, if that failed to appease them, a group formed that took the individual aside to let them talk. If a group began a dispute then another group, equal to or larger than the disputing group, would take them aside to talk. This seemed to work. If these measures did not work, then the individuals or groups were free to leave the society much as the early Atlanteans left their originating lands and settled in the Atlantean islands.

The Genetic Origins of Atlantis.

October 5th, 2008.

2019 Notes: The following project is composed of researched and intuitive information. When the information comes from research, references are noted, if available. Interestingly, research suggests that some of the Atlanteans relocated to northern Europe and one of these regions in central France became known for the Aurignacian people. In the course of researching my maternal line DNA I discovered that one of my genetic mutations (H Haplogroup) originated in the Aurignacian era!

This project was an ongoing attempt to learn more about the Atlanteans, their culture and their migrations. This session was an attempt to pull together several seemingly disparate findings regarding the people of Atlantis and a race of early Humans called the Aurignacians, into a narrative that gives us a bigger picture. There is documented speculation

that the Aurignacians were the descendants of waves of Atlantean immigrants over centuries of sea travel.

The Aurignacians

The term Aurignacian comes from the discovery of the remains of early Humans in the French region of Aurignac in the lower Pyrenees, which were excavated by Louis Lartet in 1860. This term is now universally recognized as the term for the early Humans, also called Cro-Magnon, who replaced an earlier race called the Neanderthals.

Around 45,000 to 35,000 years ago, there occurred a genetic mutation in the Human species. This mutation is now known as the H Haplogroup and is found in the maternal line of most northern Europeans. This Haplogroup has become attributed to a group of early Humans, called the Aurignacians, that either inbred with or ousted the earlier Neanderthal race (which had been around for approximately 200,000 years) but, interestingly, scientists have no idea where this group, the Aurignacians, originated.

Some researchers claim that the change was due to natural selection or other processes but in Bullfinch's Mythology it is noted that the Aurignacians "appeared suddenly out of the unknown," entered France and Spain and appeared to possess "a relatively high culture and an advanced art." There is the speculation that this culturally-advanced race originated in Atlantis and immigrated to the European continent. Rather than arriving from Africa as earlier Humans did, the Aurignacians appear to have traveled from the Middle East to Europe. Others appeared to have migrated from the south into Europe. Mellars notes that the Aurignacian period "shows an apparent sudden flowering of all the most distinctive features of fully 'modern' cultural behavior."

Mellars of Cambridge University, writing in Nature, and Owens in the National Geographic News also theorized that Aurignacians "had fully complex language" and would "have given modern Humans a crucial, competitive edge over Neanderthals." Some researchers think that Neanderthals and Aurignacians were separate species with different DNA.

In a Newsweek article entitled "Dumb and Dumber" Mellars is also quoted as saying that there might have been a crucial gene that may have "given man an evolutionary edge and may have also helped drive

Neanderthals to extinction. The FOXP2 gene endowed Aurignacians with greater language abilities that are not present in other species.”

Spence, in Bulfinch’s *Mythology* quotes researcher Osborn who noted that while Neanderthals were cave-dwellers, for the Aurignacians “The cave-temple was, in fact, the center of affairs.” What is known about these caves is that they were highly decorated with images of animals, spiritual symbolism and contained statuettes of animals, people and jewelry made from ivory and bone. In a documentary about the caves I remember the researchers indicating that they were also resonant chambers in which drumming and other music would have resonated at brain frequencies facilitating shamanic trance states. The Aurignacian dead were buried in elaborate headdresses and necklaces of shells, bone ornaments, and animal teeth and were wrapped in hides prior to burial indicating a spiritual outlook.

The Aurignacians also made and used tools and weapons far more sophisticated than the stone tools of the Neanderthals. These tools and weapons included the use of flint as a sharp edge and flint was also used as scrapers for cleaning hides, and tools for engraving. It is noted that the Aurignacians were excellent workers of bone rather than stone and wood. It is speculated by Spence that Atlantis may have had large deposits of mammoth or even elephant ivory. Aurignacian bone implements, in the form of eyed needles, indicated that they may have sewn clothing from hides.

Spence writes that there were succeeding waves of immigration; over thousands of years, from Atlantis to Europe each bringing increasingly sophisticated groups to the continent. Later customs and artifacts indicated “Earth burials;” individuals being buried in their houses, rather than outside, and a progression to “willow-leaf” or “laurel-leaf” patterned javelin and spear heads, scrapers and borers. The Aurignacians have been described from remains to have a tall stature, long, narrow heads and faces, and a larger cranial capacity than the Neanderthals. It has been speculated that the appearance of this body type, associated with its accompanying culture in many different European locations, including parts of Russia, indicate many migrations of Atlanteans over the centuries.

With the onset of the Ice Age, it was found that the Aurignacians, along with other newly-arrived cultures, eventually resorted to using reindeer horn and bone for fishing and hunting. Spence though, refers back

to the early arrival of the Atlanteans/Aurignacians and says that “We must regard Atlantis as the home of sculpture and painting. The art of the Aurignacian man in Europe, suddenly appearing as if full-blown, leaves no doubt that it must have been perfected in another sphere and after centuries of effort.” That other cultures abounded and were found and then lost is indicated in many accounts, notably of the Bible, Welsh and Irish literature, Central American legends, and Egyptian carvings and hieroglyphics. It is highly probably that this tall-statured, artistic and clever race from Atlantis immigrated to many places around the world, over the centuries, and not just to Europe.

Spence concludes that “To some extent, archeology corroborates these venerable traditions. It proves the existence of a highly developed art, almost in its decadence indeed, in the Upper Paleolithic levels of France and Spain, and having there neither its roots nor any evolutionary links. The art itself has been alluded to as ‘a technical invasion of Europe. It is obvious that it had its roots elsewhere and there is not the slightest sign that it came from Asia. The results of archeology with the traditions which speak of a venerable civilization cut off in its prime.....it certainly seems as if the Aurignacian remains were the transplanted relics of an ancient culture which had arrived at fruition in a Western oceanic locality, and which before its removal to Europe, had manifested an even higher ideal than in its new and colonial condition.”

The Atlanteans

Spence in Bullfinch’s Mythology takes a guess at the proportions and population of the early Atlantis, prior to proposed migrations. He takes as his starting point, 26,000 years ago and proposes that Atlantis was an “extensive, insular region, neither too thickly nor too thinly populated.” It was estimated by Spence that Atlantis was “somewhat less than the size of Australia around 2,650,000 square miles.” He also estimated that there might be around 350,000 inhabitants of Atlantis in Aurignacian times. Whether they were living in a separate location or in Europe at the time of these estimates is not noted. Spence, however, does note that they had their cave-temples and their trades, their rulers and their social grades.

Spence quotes another researcher Osborn who says that there can be no doubt that this people divided themselves into “Chieftains, priests and

medicine men, hunters of the large game and fishermen, fashioners of flint and dressers of hides, makers of clothing and footwear, makers of ornaments, engravers, sculptors in wood, ivory and stone, and artists with color and brush. In their artistic work, at least, these people were animated with a compelling sense of truth, and we cannot deny them a strong appreciation of beauty.”

McVan adds an interesting twist to the origins of the Aurignacians/Atlanteans. He writes that it was not the Aurignacians who might have descended from the Atlanteans but that it might have been the other way around that the Atlanteans might have been the descendants of the Aurignacians! He describes them as a race of “giant people” who might have been close to extinction after colonizing what we now know as Europe at the close of the Great Ice Age. About 25,000 years ago, the Aurignacian people were known to have reached a height of sometimes taller than 8 feet, like the accounts of the Atlanteans. McVan claims that skeletal remains of these giants have been unearthed in diverse areas of the world.

Origins of the Atlanteans/Aurignacians.

It is possible that there exist some similarities between Aurignacian culture and that of Polynesian Society. Writing in the Journal of Polynesian Society, back in 1945, George L. Collie notes similarities between the tool-making of the Maori and Aurignacians which “would mean that the Maori were in some way connected with the Aurignacians” says Collie. Also, according to Dr. Solar Wolff (Skadi Forum Discussions) The Aurignacians “.... are closely associated with water, either the ocean or rivers. They probably followed a coastal or river route into Europe.”

It is speculated that many historical eras have come and gone long before the dawn of our own recorded history, most likely being the civilization of Atlantis, which expired approximately 11,600 years ago. There have been many opposing theories on how Atlantis met its fate. One of the more logical ones was that of the distinguished physicist, inventor and engineer Otto Much. Much centered his investigation on Atlantis along the ocean floor in an area of the Atlantic that we know today as the Bermuda Triangle. It was in this location that he made a significant discovery. There, along the sea bottom of the Triangle, were discovered two very large sea holes which were created by the fragments of an asteroid

which split in half under atmospheric pressure generated during its descent. The asteroid was estimated in size to be at least six and one quarter miles in diameter, traveling at a speed of 12 miles per second. The destruction to Atlantis was total.”

I recently watched an interesting documentary about the southern Welsh coast, indicating that indeed currents from the Bahamas reached Europe, indicated by great fine-sand swathes of Bahamian sands constructing some of the south Wales beaches. So, it is indeed possible that Bahamian Atlanteans could have reached Europe by riding the currents, much as the modern Tahitians and Hawaiians do.

Interestingly, the Journal of Polynesia Society also points out a “mystery,” that; “...while we have some genetic evidence for Aurignacian genesis in Siberia, the greatest preponderance of Aurignacian sites is associated with the Atlantic. This ocean-hugging phenomenon has led many down the path of speculation that the European Aurignacians originated from an ocean-faring civilization landing on Atlantic shores at a time that would bring them into contact with existing Neanderthal and further to the eastern Peri gordian, cultures. To many, the “Arrivals” speak of waves of subsequent immigration from somewhere other than in the vicinity of Europe or the near east...”

Theories that Atlantis was this early origin of the sea-farers was put forward by Theosophist Helen Blavatsky, by Ignatius Donnelly, and Colin Wilson. Another interesting connection, noted by Collie was that “the Aurignacian map (concentrating on the Atlantic) displays an eerie and striking resemblance to the distribution of megalithic culture.” According to Collie, there appears to be a gap “between the Neolithic peoples that constructed these famous megalithic sites (Stonehenge etc. and the last of the Tardenoisian’s, that Atlantic theorists claim were the final wave of refugees from the island empire’s destruction. Collie feels that there might be a link between the arrival of the Tardenoisians and the earliest megalithic structures.

What Happened to Atlantis after the Immigrations?

Spence again speculates that after many emigrations from Atlantis it remained depleted and that the “bulk of the inhabitants deserted it.” He writes about the increasing waves of cultural groups that arrived in Europe

and upgraded the Aurignacian culture. It is even speculated by Spence that Atlantis may have been the site of multiple invasions from outside. How did the Atlanteans get to Europe? Some accounts speak of migrations by boat, riding the currents between the Bahamas and Europe. Others point to the existence of a land bridge between Europe and the United Kingdom, which was in place up to three thousand years ago, where different routes brought people between these two lands. So, the Aurignacian immigrants would have had two possible routes into Europe and the UK.

Spence suggests that Atlantis was never fully submerged following the Final Catastrophe, that peaks remained on the surface that eventually became islands but has nothing to say on where it was before its destruction.

He concludes regarding the origins of the Aurignacians, “It is impossible for me to believe that the manifestations of Aurignacian art did not have behind them many centuries of cultural ancestry. To regard these as the spontaneous outcome of savage mentality is to my way of thinking, an absurdity unsurpassable.” He adds that in no way can we view the amazing art from this period, the “horses head from Les Espftungues, the clay bison of Tuc d’Audobert or the charging bull from Altamira” and think they came from the work of savages.

Star Knowledge

There is speculation that the Atlanteans had knowledge of the stars, perhaps were even “seeded” by star civilizations. Is there evidence that points to the Aurignacians having “star knowledge” that was perhaps passed down to them from the Atlanteans?

It is known that the Aurignacians carved ivory and one such piece has been found in Germany, a 32,500-year-old ivory tablet depicting the constellation Orion. The carving shows a Human figure with outstretched arms and legs which modern interpreters suggest depicts the Orion constellation. This is not a far-fetched conclusion as Orion is said to be the “most noticeable constellation in Earth’s sky” and Ancient Egyptians recognized the form of Orion the Hunter in the constellation. There are also 86 notches on the tablet like the number of nights that the Orion star Betelgeuse is visible in the night sky.

In addition, sky maps have been found as backdrops to some of the famous Lascaux cave paintings in France. Researcher Michael Rappelglueck suggests that one-star map shows three stars: Vega, Deneb and Altair, that modern astronomers refer to as the Summer Triangle. In other paintings, star maps of Pleiades star cluster have been found, as well as phases of the moon, the Northern Crown constellation, and the Seven Sisters.

Last Thoughts

As I have been researching and writing this ongoing chapter in our search for the Atlanteans, I am aware that after I took a National Geographic genome test a few years ago, which revealed that I belong to the H Haplogroup, I now know that my ancestors were Aurignacian (and perhaps Atlantean, too!) So, writing this part of the story brings it very close and personal. It is exciting to speculate that one of my ancestors might have been an inhabitant of Atlantis. And the fact that I can easily tap into the history of Atlantis, is perhaps due to something called “racial memory” which some have speculated accounts for the retrieval of intuitive data from other eras.

Further Information:

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Atlantis Energy Questions.

October 14th, 2008

2019 Notes: Once again, the following project is a blend of researched and intuitive information. References are given for the researched information, where known.

A previous project looked at a specific time in the history of the fabled land of Atlantis and found many specific and unique modalities were practiced at that time. The client asked that Atlantis be revisited many times during its history to look at its origins and development over time. One of the tracks that would be beneficial to follow was voiced by the client: "I believe that they knew how to use Vril (?) energy for powering devices. What was this and how was it used? What powers of the Human mind did they use and how did they use them? Did they telepathically communicate with each other, negating the modern use of media? What did they communicate through the Earth and sea? What other practices had they evolved (food production, water use, societal specialization, education, factors that engendered long life etc.) that have been lost to succeeding generations." These questions were addressed in this project.

Questions

1. What was "Vril" energy and how was it used?

I have recently read how the energies harnessed by Tesla were thought to be the same energies that were accessed and distributed by the Atlanteans. There is perceived to be some resemblance to their methods but there are major differences. They both accessed the same oscillating energy from the Earth, which is described in modern physics as the Schuman Resonance, but using different methods for accessing and distribution. These frequencies, termed the Schuman Resonance, oscillate within the Earth at around the 7.81Hz region, and there are debates as to where they

originate. Some say the oscillations are caused through the motion of the molten core of the Earth, others that the Earth “rings” with the frequencies of the universe.

Regardless of what causes the Schuman Resonance, it is intuited that the Atlanteans were aware of this potential source of energy and, over hundreds of years, had perfected a system of collecting and using this energy which, in the Atlantean language, could be defined as “Mother” energy. It is perceived that some Atlanteans could hear the resonance and described it as a “Mother humming to her child.” Regardless of the innocence of the metaphor, this source of energy was powerful and pervasive over the entire Atlantean islands.

The Mother energy was collected from the Earth by the placing of deep, metal pilings which sank into the Earth for twenty to thirty feet. It was designed so that the pilings would go beneath the water table as the pilings had to be in contact with rock. Salt water accentuated the flow of Mother energy, but land water attenuated the energy.

These pilings, as were many of the artifacts, spires, roofs, tools and ornaments of the Atlanteans, composed of an amalgam of ground quartz and copper (1 to 7 ratio) giving the appearance of gold. The myths of Atlantis being covered with gold were based on eye-witness accounts, but the “gold” was a quartz/copper amalgam. The quartz had the added benefit of delaying the oxidation process of the copper. The flow of Mother energy through the pilings also delayed the oxidation process.

Situated around the islands were other pilings that were situated above ground and were the collection points for Mother energy that was collected from the below-ground pilings. However, this energy was not used, at the time I perceived this information, as we would use it for factories, electrical equipment, to run vehicles or to enhance industry. Instead it was channeled into homes, fields and meeting places, workshops as a personal energy enhancer. It is perceived that buildings would each have had a narrow piling or mast over their home for the collection and distribution of the Mother energy. Buildings would also have been roofed in the same quartz/copper material. Often the pilings, roofs, and masts were extravagantly ornamented with the same quartz/copper material creating exquisite artwork. There was nothing about the Atlantean architecture that looked industrial or functional-looking.

What is also perceived is that the collected energy also brought with it a natural luminescence which illuminated homes, schools, meeting places and workshops and contributed to a general feeling of well-being in the people. Anybody looking for the remains of Atlantis should look for copper and quartz mining workings nearby which would have supplied the materials for these operations.

It was understood by the Atlanteans that regular groundwater, rainwater, streams, rivers and ditches drained away the Mother energy, so precautions were taken to protect the Mother energy from excessive soaking. But it was also understood that running water could dissipate excess Mother energy and sluices, controlled streams and ditches were established to take off excess energy when it was perceived to become too high a level. These artificial waterways drained into the sea, which was thought to be a natural reservoir of Mother energy. The circular “canals” in many supposed drawings of Atlantis were reservoirs of Mother energy as well as natural harbors.

It is perceived that the vast connections of artificial waterways by many different, ancient civilizations may have served the same purpose. It is possible that the ley lines (which can be detected by “sensitives”) crossing most of Europe and probably most of the world might be ancient, fresh-waterways which are channeling the Earth’s resonance back to the oceans. Europeans in earlier centuries were aware of the energies carried by ley lines and situated great churches and towns along their lengths. If indeed, modern Europeans are the descendants of the Atlanteans, it could be that ancient memories may have survived in customs and traditions across the centuries.

It is also perceived that many of the ancient European languages: Welsh, Breton, Cornish and Gaelic may have been vestiges of the languages brought by the Atlanteans to Europe.

2. What powers of the Human mind did they use and how did they use them? Did they telepathically communicate with each other, negating the modern use of media?

To understand how the Atlanteans communicated, we need to know about and understand a little about our own brain physiology. Aerospace engineer Jack Houck, <http://www.jackhouck.com/>, following up on electrical work by Beck, found that an imposed brain frequency of 7.81Hz would enable a volunteer to go “out of body” and to experience other transcendent states of consciousness. His paper MAW: The Mental Access Window can be found at <http://www.jackhouck.com/maw.shtml> It is perceived that the Atlantean energy systems, drawing on the Schuman Resonance from the Earth, literally saturated the Atlantean atmosphere with 7.81Hz frequencies, which naturally produced responses within the brains of the inhabitants and created an atmosphere of enhanced mental functioning, including telepathy. Telepathy and other paranormal functions were accepted as normal and utilized as easily as regular speech.

It is often reasoned that if everybody had heightened extrasensory powers that there would be no secrets, and everybody would go around reading everybody else’s thoughts with no sense of privacy or personal identity. As with all the senses and abilities such as intelligence and memory we each have varying degrees of these and do not use them efficiently all the time. There are times when exceedingly intelligent people act quite unintelligently and individuals with a usually good memory have lapses of memory. So, with other cognitive abilities such as telepathy and clairvoyance: they are not functional all the time and they are functional at different times.

It is also perceived that within the Atlantean society, heightened extrasensory perceptions led to an improved sharing of information, increased understanding and empathy and, consequently, creating a more harmonious social environment.

3. What did they communicate through the Earth and sea?

Similarly, the Schuman Resonance extends into the sea and is, I intuit, amplified by sea water above the underlying land masses. Atlantean sailors would use the existing technology to take advantage of this energy. Ship’s keels and masts were made from the quartz/copper amalgam and this created a field around the ship that provided heat, light and the ability to send and receive mental messages to other ships and to those still on land.

There was no communication through the water itself, as in the case of whale communication, but the natural field created by the keel and masts facilitated mental communication. This was also taken as quite normal by the Atlanteans.

4. What other practices had they evolved that have been lost to succeeding generations?

- Food production:

As the Mother energy lit and warmed the fields so crops were nourished and improved. The Atlanteans knew that crops needed water, fertilization, heat and light to produce good yields. One of the side effects of the Mother energy production was lightning storms which brought down needed nitrogen into the fields. The Atlanteans found that no additional fertilizers or irrigation were needed.

- Water use:

At first glance, the aqueducts, ditches, streams and rivers of the Atlantean islands looked as if the people were managing water distribution. This was only part of the reason for these waterways. The main function of the waterways was to distribute excess Mother energy back to the ocean and secondarily to distribute fresh water around the islands.

- Societal specialization:

As with any society there was specialization and a definite class system. However, this had nothing to do with entitlement, caste, or wealth. It was based on knowledge, work effort and ability. There was a division between layers of society: farmers and rulers for example, but this was often by choice. At the time of this intuitive view of Atlantis, the technology group specialization had not evolved.

- Education:

Due to the increased facilitation of higher order mental functioning, including telepathy, children and youths absorbed as much knowledge directly from their teachers as would have been learned from the verbal imparting of knowledge. There also existed a symbolic, pictorial form of learning with mental constructs coded into simple pictures by the teachers. For example, a picture of a cat would contain the history, lineage, habits and much more about the cat, just from the picture. The teacher would have mentally encoded the picture with all this information, so that the child would have direct communication with the teacher by looking at the cat picture and thus acquire information. This was a much gentler and humane way of teaching the child rather than imposing massive amounts of spoken information on the child, much of which would be forgotten by adulthood.

- Factors that engendered long life:

At this stage of Atlantean society, there was little pollution, either chemical or electrical. Atlanteans knew how to safely dispose of excess Mother energy and life was at its most idyllic in its turbulent history. Even, so many Atlanteans rarely lived into their early sixties and this was accepted as the norm.

Atlantis Destruction.
October 19, 2008.

2019 Notes: This short project was all intuitive data using the ERV method. Admittedly, I was front loaded by my earlier research efforts and intuited data but tried to stay free of my own assumptions.

There are some historical and mythological narratives that point to the island states of Atlantis having had several phases of destruction. It was during those phases that the people of Atlantis relocated to other

destinations and set up new communities. It has been conjectured that the very energy that the Atlanteans “mined:” Mother energy, was the cause of the destruction. This project asked those and additional questions such as: Was this so and how did it happen? It was also perceived that some Atlanteans lived into very old age, when and how did this happen?

Questions

The previous project looked at Atlantis during a time when the culture was thriving and had developed the means to sink deep quartz/copper pilings into the Earth to capture its energy: Mother energy. This energy was utilized not only in lighting buildings but blanketed the islands with an atmosphere that facilitated telepathic communication. The energy was also used on voyages through the development of quartz/copper hulls and masts.

The Atlanteans had discovered that fresh water was an inhibitor of Mother energy and that sea or salt water was an enhancer. It was also noted that frequent electrical storms were created through the excess of energy in the air and though the fresh-water rain that these produced, excess energy was washed into the drains and ditches and out to sea. These conditions worked well for many centuries until the advent of a long drought that changed the Atlantean conditions. As mentioned in the previous session, the centuries when Mother energy was being successfully managed were some of the most idyllic and productive.

As with all cyclic weather conditions, they begin innocuously and slowly and increase exponentially until a crisis point is reached, only to subside in the same order. This pattern of events occurred in Atlantis during its first major catastrophe. A period of dry weather with decreasing electrical storms created a condition in which excess Mother energy was retained within the quartz/copper cladding of the Atlantean buildings. This was like a static electricity but did not give shocks to the system if touched. What is perceived to have happened is that Mother energy built up in the homes creating a depletion in Human energy and an overloading of the Human physical system causing illness. At first, the excessive Mother energy created an increase in lightning storms, but these decreased as saturation of the atmosphere with Mother energy grew. Why this happened is not perceived.

As the Atlanteans became aware of the problem, remedies were sought; in fact, there was a great competition to find ways to drain the energy from the buildings. The remedies took two forms: the first being to artificially create thunderstorms and the second to irrigate structures with ground water to drain off Mother energy.

The first option was accomplished by the erection of tall spires or towers that soared above homes, schools, temples and other structures. It was reasoned that Mother energy would travel upwards to the cloud layer and this would create artificial thunderstorms. This had partial results as there was an increase in storms, but these were of short-lived duration.

The second option took two forms. The first was to try and dampen the flow of Mother energy from the pilings into homes through the creation of artificial ponds around the surface of the pilings which were filled with constantly circulating ground water. This worked well for several decades. In addition, buildings were fitted with systems that installed water-filled pipes over the roofs of the structures and the energy-saturated water then flowed into drains which channeled the energy back to the sea. Again, this worked well although it was not a final or complete solution.

It was discovered that energy levels continued to rise and fall, and high levels created an increase in ill-health and a fall in personal energy levels. There was a gradual enervation of the people, a lassitude and an isolation as their Human consciousness shut down communications to avoid overload. People suffered headaches, nosebleeds, rashes and an array of auto-immune diseases. There was the hope that with an eventual decrease in the drought, conditions would return to normal and they would wait for this to happen.

Unfortunately, a situation came about that was not anticipated. The freshwater ponds that were designed to drain away excess Mother energy from the base of the pilings began to leak downwards. This was not immediately apparent although some astute students of water levels noted this but attributed the condition to the drought and decreasing levels of natural ground water. This situation was happening all over the islands of Atlantis creating conditions below ground like drops of water on a hotplate – there was an immediate vaporization of the water that reached the lower levels. At first the amount of water was so small that there were no appreciable problems. This “steam” was, at first, absorbed by the pond water, reducing it just a few degrees. Also, at first Mother energy within the

pilings was reduced as water trickled down to the footings but this beneficial effect was overcome by a more critical situation.

Eventually the situation became critical with more and more ground water reacting with Mother energy. What happened were two conditions: the first being that the freshwater ponds became drained of water. At first much of it was absorbed by the Earth levels between the surface and the footings, creating a sudden increase in Mother energy that further exacerbated the excess that was already on the surface.

But as increasing levels of ground water were drained from the surrounding Earth into the footings, there was a sudden neutralization and decrease in Mother energy being drawn to the surface and a huge drop in available Mother Earth energy to the people of Atlantis. There was no cataclysmic event, just a turn-over in energy which took about forty-eight hours, as all the pilings became critical and then became neutralized by the ground water.

It would have been as if all the electricity to the world was shut-off with no hope of bringing everything back on-line. There was panic. This had never happened before, in this manner. It had been assumed that the pilings would continue to draw a never-ceasing supply of Mother energy to the surface and the excess would be returned to the sea. It had been hoped that the excess levels of Mother energy would be reduced by a cessation of the drought, but this did not come quickly enough. People left the islands by the boatload, seeking land masses where they could survive. Those that stayed eked out an existence using limited resources and eventually the drought did abate, and the pilings dried out to permit increasing levels of Mother energy to begin flowing once more. However, a good proportion of the Atlanteans had fled the islands.

It is perceived that the Atlanteans who went north-east found lands that generated natural levels of Mother energy into the atmosphere, there being no need to pilings. This state was facilitated by the natural subsurface levels of quartz and clay which served as conduits for the energy. It is perceived that the current United Kingdom has such natural levels and partly explains why the Celts and other ancient peoples of Northern Europe showed (and still show) natural extrasensory abilities.

Regarding the longevity of those remaining on the Atlantean islands, it is perceived that during the hundreds of years that Mother energy was kept at reasonable levels, people lived to an age like what we experience today.

During the Mother energy crisis, many people died from illnesses caused by this situation and many more people left the islands. A form of natural selection favored those who remained as being people of robust good health who had survived the crisis, much like those who survived the Black Death in Europe, developed natural immunities to many other illnesses. Consequently, there was an increase in longevity, especially when the drought ended, and Mother energy began to flow again. And so, the cycle continued

Modern History of Atlantis
October 25, 2008

2019 Notes: This short session was requested by the client who wanted some more background on Atlantis from modern writings. It may appear out of place here, but this was the order in which the sessions were received and carried out. It is included here for information purposes. In a later project, the client had me access Plato's writing for further information.

Introduction

The history of Atlantis has been relegated to the realms of mythology and what we know about it comes from ancient teachings from Greek: specifically, the writings of the philosopher Plato. Writing in 260 BC, Plato related how; "...history tells of a mighty power which unprovoked made an expedition against the whole of Europe and Asia and to which your city put to an end. This power came forth out of the Atlantic Ocean, for in those days the Atlantic was navigable. On this island of Atlantis there was a great and wonderful empire which had rule over the whole island and several others..." Steven Andrews and CJ Stone relate how Atlantis was supposed to have been destroyed by a great catastrophe around 9,500 BC, some citing a great flood and others by explosion. This catastrophe all but wiped out its people, cities and culture. The capital of Atlantis was called Poseidon (after the sea god of that name) and the catastrophe that destroyed Atlantis was supposed to have taken place in a very short period; a day and a night; twenty-four hours.

Andrews and Stone also relate how Plato described Atlantis; "At the center of the island, near the sea, was a plain, said to be the most beautiful and fertile of all plains, and near the middle of this plain was a hill. There

were two rings of land and three of sea, like cartwheels... in the center was a shrine sacred to Poseidon and Cleito, surrounded by a golden well through which entry was forbidden.” By this description Atlantis does not seem to have been very large, certainly not a large Continent island such as Australia. Plato described a city-state that was wealthy, cultured, had works of art and large public buildings. But it was also a war-like state that threatened its neighbors according to Andrews and Stone. They add that according to Plato’s writings there was no evidence of high technology which came into existence with the writings of Madame Blavatsky and Edgar Cayce.

Further Information:

Timaneus and Critias by Plato. Penguin Classics

Atlantis. Steven Andrews and CJ Stone. Predictions Magazine (UK). September 2009 pp 8 -11.

‘*Edgar Cayce on Atlantis*’ (Edgar Cayce series) by Edgar Evans Cayce

‘*Isis Unveiled*’ (1877) and ‘*The Secret Doctrine*’ by Madame Blavatsky

Searching for Atlantis through Ancient Languages.

October 27th, 2008.

2019 Notes: In an earlier session, it was intuitively perceived that if Atlantean emigrants reached Europe, eventually becoming modern Europeans, surviving early European languages might reflect their Atlantean origins. In fact, others have also speculated on the possible lineage of language from Atlantean to Cornish, Gaelic, Basque, Welsh, Breton and other languages. Much of this section comes from researched information.

When I was attending the University of Wales in Cardiff, as an undergraduate, I had the opportunity to take Welsh as a second language but did not sign up. I wish now that I had as I may have been learning the language of the Atlanteans! If you visit Wales, you will notice that many of

the road and place signs are in two languages: Welsh and English. The Welsh language is actively promoted both in Wales and around the world.

Introduction:

R. Cedric Leonard in '*Linguistic Connections: A Paleolithic Language*,' writes that "Linguists have believed for some time now that a language exists today which can be traced back to the Stone Age. Just how far back is uncertain but at least as far back as the Neolithic Age. Whether or not it can be traced further back into the Paleolithic (Old Stone Age) remains to be seen. The huge areas once covered by this language and its close relatives are the very same areas which were occupied by Cro-Magnon Man of the Paleolithic Age."

Leonard claims that modern Cro-Magnon people can be found today in certain parts of Western Europe, North Africa and some of the Atlantic Islands. Physical anthropologists agree, he says, that Cro-Magnon is represented in modern times by the Berber and the Tuareg people of North Africa, the recently extinct Guanches of the Canary Isles, the Basques of northern Spain, the Aquitanian living in the Dordogne Valley and Brittany in France and, in the past, those living on the Isle d'Oleron. Leonard adds an interesting bit of information that many groups of people descended from Cro-Magnon added "tani" to their name, existing today as the Maunitani of North Africa, the Bretani (now Breton) of France and Brittany of the British Isles or Great Britain.

As well as the typical Cro-Magnon skull, which was lighter and longer than the Neanderthal skull, Cro-Magnon people left generations who had a lighter skin pigment, and light brown or blond hair of a golden or reddish tint. As well as being predominant in the British Isles, this lighter pigmentation is also seen among the Tuareg and Berbers. But did the language spoken by these people show similarities?

Leonard suggests that there is a family of languages, which he terms the Berber-Ibero-Basque Complex which are not related to other languages spoken throughout Europe or the Near East "The languages involved are very old, going back at least to the Neolithic age and possibly dating back to the Paleolithic cultures of the Ice Age." Leonard adds that understanding these ancient languages may help us identify the language or languages spoken by the Atlanteans.

Basque.

According to Leonard, Basque is a Western European tongue “believed to be the remnants of an Ice Age Paleolithic language.” Aquitanian, Basque and Iberian language all have very much in common, namely place names and the names of ancient gods. And the Aquitanian language is often referred to as Old Basque. When one considers the evidence that the main body of Europe was once connected to Britain by a land bridge, it is reasonable to assume that most of the early languages were easily moved northwards.

Leonard adds that the modern-day Basque people of the Pyrenees Mountains (northern Spain/southern France) “speak a language inherited directly from Cro-Magnon Man.” He gives examples: the Basque word for knife translates to “stone that cuts: and the word for ceiling means “top of the cavern.” It has been suggested that if Cro-Magnon “simultaneously appeared on the western shores of both continents” (Africa and Europe) then so did their language. So, it is no surprise to find similarities between many north African languages (Berber, Tuareg) and those of western Europe (Basque, Aquitanian and Iberian). Linguists have speculated that some of these languages have not changed in at least 2000 years. Leonard suggests that “one might conclude that the ancient Atlantean language is well enough intact, even after 12,000 years, that today it can be identified to a reasonable extent.”

Welsh, Erse and Gaelic.

Leonard believes that even if the modern vocabulary of these early languages is different than the Basque, the syntax is very similar. He surmises that after generations of assimilation by invading groups, the syntax of the original languages was preserved within family groups, taught to children by their mothers, and survived within modern Welsh, and Gaelic “It appears that the earliest language of Britain is found; almost hidden at the root of the Welsh, Erse and Gaelic languages; to be the Atlantean language.” And “Recent genetic findings suggest that the people now inhabiting the British Isles are a remnant of a group of people who left the Iberian Peninsula between 18,000 and 12,000 years ago.” (Interestingly, the predominant blood group, O, found within the Canaries, Berbers, Basques

and Gaelic “Celts” is also found in Mayan and Incan races.) Leonard feels that the people living on the western coasts of Africa and Europe were originally a single people with a single language.

Welsh is thought to have split off from the Gaelic tree early on and is more like Cornish and Breton than to Irish or Scottish Gaelic. So, it is probably that Welsh is more like the original Cro-Magnon language than Gaelic. However, the inclusion of some Latin vocabulary has invaded the Welsh language making it less pure than Basque. In addition, Welsh is written using the Latin alphabet but also includes unique sounds such as the throaty “ll” and the letter J is a recent introduction into the Welsh alphabet.

Leonard concludes that “The unity expressed in all Cro-Magnon culture; in their art, their tools and weapons, social organization, and in the language, they spoke; is eloquent testimony of the high state of civilization attained in their original homeland before becoming refugees fighting for survival. And the evidence seems to indicate that their homeland was none other than the lost Atlantis.”

Irish Gaelic.

Joyce Nower, in an article on Irish Poetry, relates how, according to geographer Ulf Erlingsson, “The measurements and landscape of Ireland are unusually like Plato’s description of Atlantis in the *Timaeus*: 300 miles long, 200 miles wide with a central plain surrounded by mountains. Erlingsson goes on to present other pieces of the puzzle as proof; burial sites at Newgrange, distribution of megalithic monuments, a myth of catastrophe surrounding the sinking of the North Sea called Dogger Bank and so on!”

In addition, according to Nower, on a part of Ireland named Burren, a surfaced ancient limestone seabed exists that was once submerged. These rocky lands extend into the Aran Islands situated in Galway Bay. Even if we can discount the notion of Ireland being the Atlantis of history, it is interesting that “one of the ancient names for Ireland is *Ibheriu*, pointing to Iberia as an earlier homeland of the Gaels.” It is possible that the Atlanteans sought out geographic locations like their own lands and even called these places by names they used in their homeland, much like the early American settlers called their new homes: Bristol, Somerset and Norfolk.

Cornish.

According to a Wikipedia article on the Cornish language “Cornish belongs to [Brythonic](#) languages, a branch of [Celtic languages](#). Brythonic also includes [Welsh](#), [Breton](#), the extinct [Cumbric](#) and perhaps the hypothetical [Ivernian](#). The languages [Scottish Gaelic](#), [Irish](#) and [Manx](#) are part of the separate [Goidelic](#) group. Cornish shares about 80% basic vocabulary with Breton, 75% with Welsh, 35% with Irish, and 35% with [Scottish Gaelic](#). By comparison, Welsh shares about 70% with Breton.” In 1050 AD around 95% of the inhabitants of Cornwall were Cornish speakers but by 2008 only 0.3% speak the Cornish language. Unfortunately, over the years the Cornish language has undergone many revisions and the Cornish spoken today is different from the traditional Cornish. Cornish (in its several types) has many words which are like Welsh, Breton, Irish and Scottish Gaelic and Manx.

Why did some Early Languages Survive?

So, what happened to these ancient languages? Many of them died out having been superseded by Latin, Indo-European and Greek, languages that gradually morphed into modern English. But early languages did survive. For example, the Basques were able to fight off invasions by the Romans, the Visigoths, the Moors and the Franks and were able to retain their original language. Similarly, following the Roman withdrawal from Britain in the fifth century, Celtic Britain was invaded by Anglo-Saxons from Holland who sought to eradicate all early evidence of Britannic racial culture; a form of ethnic cleansing. Offa’s Dyke, an ancient, Earthwork ditch and rampart, following the border between England and Wales, was successfully defended which protected the Welsh from invasion. According to genetic studies there are distinct differences between the Welsh and English. Researchers have since learned of strong genetic links between the Welsh and Irish Celts and the Basques of northern Spain and southern France.

There is a strong, modern push to revive the old languages particularly Welsh, Cornish, Manx (the ancient Gaelic of the Isle of Man) and Basque. It has been estimated that there are now (2008) 2,000 fluent Cornish speakers, 20,000-30,000 people speaking Breton and over 600,000 native Welsh

speakers. Despite many efforts to repress them, these ancient languages, so like each other yet so different from modern English, have survived through the centuries.

Atlantean Language?

So, are these ancient Brythonic languages Atlantean in origin? The missing link seems to be definitive proof that Atlanteans landed on the western shores of Africa and Europe bringing with them art, culture, language, and other civilized activities. There is evidence that, indeed, Cro-Magnon civilization suddenly appeared, and historians are at a loss to explain where they came from. Intuitively everything fits, and it is exciting to think that by listening to ancient languages such as Gaelic, Welsh, Cornish, Breton or Basque that we might be hearing something close to hearing how the original Atlanteans spoke!

Another interesting lead to follow would be numbers systems. For example. the Welsh originally used a “vigesimal” counting system, counting in twenties. Also, the Welsh numbering system makes use of feminine and masculine numbers: one is always feminine while there are separate masculine and feminine versions of the numbers two, three and four! Perhaps these ancient counting systems may tell us more about Atlantis.

Further Information:

Linguistic Connections: A Paleolithic Connection; Linguistic Connections regarding Atlantis; R. Cedric Leonard.

<http://www.ataltisquest.com/Linguistics.html>

‘Irish Poetry: Part III: Plato’s Atlantis?’ - Joyce Nower.

<http://www.alsopreview.com/columns/intersections/jnirsihpoetry.htm>

Timaneus and Critias by Plato. Penguin Classics

http://en.wikipedia.org/wiki/Cornish_language

http://en.wikipedia.org/wiki/Breton_language

<http://news.bbc.co.uk/1/hi/wales/2076470.stm>

Atlantis Transportation.
November 16th, 2008.

2019 Notes: This project on Atlantean transportation was originally scheduled to be carried out before the next session on the forming of an on-line Atlantean-type Academy. It is placed next in line here as it logically follows the previous sessions. Most of the following information was intuitively accessed.

Atlantis has been described as a continent-sized island in the middle of the Atlantic with no contiguous connections to other land masses. Before its destruction, the Atlanteans must have devised some way to get around their land. This session examines the question, how did the Atlanteans travel and what were their modes of transportation?

Land.

On land, the Atlanteans employed several different modes of transportation including Human-powered and animal-powered means. It was observed that although the Atlanteans had the means of constructing and using wheels they preferred a sled-type arrangement that was often pulled by horses and cattle. Logically, wheeled vehicles would be easier for them, but they were intuitively observed pulling boats up the beaches using these sleds, pulling loads across fields and even pulling loads up the sides of buildings. It was perceived that there was the utilization of the Schuman or Earth energy in this process, providing a frictionless layer between the sleds and the ground. While not anti-gravity per se, it did provide a layer of minimal contact of the sled with the ground. Bumps and lumps in the ground, ridges and curbs did not seem to be a deterrent to the sleds. It was perceived that the copper/quartz compound (described in an earlier session) coated the bottom of the sleds and provided for this frictionless motion. Despite this seemingly advanced technology, the sleds were used only in mundane activities such as hauling ploughs, boats, and people in sled-carts.

Animals used in conveying people and sleds seemed to consist of two main breeds of horses and oxen, both white in color and very sturdy animals. These animals were used on the farms, in haulage and were even raced as described in modern writings. These were no sleek, svelte race horses but sturdy, stocky horses almost looking like large, white ponies

rather than horses. The same horses were used on the farm and in the races. Excessive speed was not expected; just skill in racing past other horses. Wagering was apparent but was friendly and jovial in nature. There did not seem to be the violence and greed associated with western gambling.

On land, people utilized sleds to travel and it was observed that some people even employed a form of ski-type sleds on their feet, long, narrow curved strips of wood with which they seemed to slide across the ground. It was amazing to see people skimming across the ground when there was no snow (which we would expect to see). Even children used these land skis and seemed quite adept, even adapting a ball and stick game to the foot-sleds. Sleds seemed an accepted form of conveyance for the Atlanteans.

Sea.

I have copied here from an earlier session to recap what we know about Atlantean shipping:

Similarly, the Schuman Resonance extends into the sea and is, I believe, amplified by sea water above the underlying land masses. Atlantean sailors would use the existing technology to take advantage of this energy. Ship's keels and masts were made from the quartz/copper amalgam and this created a field around the ship that provided heat, light and the ability to send and receive mental messages to other ships and to those still on land. There was no communication through the water itself, as in the case of whale communication, but the natural field created by the keel and masts facilitated mental communication. This was also taken as quite normal by the Atlanteans.

It was perceived that the Atlanteans traveled vast distances around the world with their ships and were knowledgeable of many different cultures. They returned with spices, exotic animals and rare gems and minerals but these were interesting rather than something to collect as treasure. Other cultures were viewed with humor and tolerance and there was arrogance about the Atlanteans and their understanding of their superiority. It is perceived that they considered themselves superior to other cultures.

The Atlanteans like the Pacific Islanders had knowledge of the tides, currents and thermal streams within the oceans and were able to travel these like roads. Navigation was by the stars and by the thermals that arose from

the ocean and from the tides. It was rare for an Atlantean vessel to become lost and this was usually because of some freak, unexpected storm. Generally, all vessels that left harbor were expected to return within a schedule of weeks or months depending on their destination.

Air.

There are perceptual reports by Edgar Cayce that the Atlanteans possessed airships, weapons and other technology. While they did make use of lighter-than-air transportation and a glider-type vehicle it is perceived that the Atlanteans, close to the time of their destruction, did not possess air travel in the sense that we do. Their chief mode of transportation was by sea and their ships were incredibly seaworthy.

As the Atlanteans possessed great skills of the mind, there was no need to employ faster modes of transportation than ships. If you think about what we employ air transportation for today, it is mostly for business travel, vacations, to see loved ones, or exploration.

The Atlanteans were very self-sufficient and were able to perceive how loved-ones were faring, could communicate business and other matters via group-telepathy and would not have understood the modern concept of a vacation. In our modern, western world, we have only had air travel for a few hundred years and space travel for about fifty of those years. The Atlanteans having quartz and copper as their main minerals would not have had the resources to manufacture huge planes, although they did construct airships and gliders from wood and paper with copper/quartz fittings and power.

People of other lands, who encountered Atlanteans who had crossed the oceans, reported “rays” or “beams” of energy but this was simply the Schuman energy that was gathered and amplified by the Atlanteans devices and made visible by the damp air of the northern countries. It is perceived that if you were to look at Atlantis on a cloudy or misty day it would have appeared as if hundreds of laser beams were crisscrossing through the air. These lines were harmless and were simply an indication of the Mother energy being utilized. Our modern world has something similar but in a spontaneous and non-linear form. Occasionally, ball lightning or energy escapes from the Earth and is perceived as balls or similar shapes of energy (not to be confused with orbs). This energy can shock individuals if

touched. Modern science has little understanding of Earth energy and treats it as an interesting anomaly rather than a useful product of the Earth.

Basically, the Atlanteans were Earth-bound but skilled navigators on the oceans. They had no need of rapid air transportation and space travel was not perceived in the Atlantean technology. It is perceived however, that they had contact with non-Human races and enjoyed an ongoing dialogue with non-Earth-based people's, which will be explored further.

Plato's Second Dialogue.

November 25, 2008.

2019 Notes: Similarly, this session visiting and dialoguing with Plato about Atlantis was conducted later in the series. The following and last session conducted for the client explored the idea of a proposed Atlantean Academy. The client was intrigued with the concept of setting up both an online Academy and, perhaps, a physical location that brought in many of the Atlantean concepts and benefits. Unfortunately, it was not to be, as the client eventually sold his businesses, emigrated abroad and passed away a few years later. The Introduction to this section is researched material, the dialogue is intuitive data.

Introduction.

What we know about the history of Atlantis comes from ancient Greek teachings: specifically, the writings of the philosopher Plato. Writing in 260 BC, Plato related how; "...history tells of a mighty power which unprovoked made an expedition against the whole of Europe and Asia... This power came forth out of the Atlantic Ocean, for in those days the Atlantic was navigable. On this island of Atlantis there was a great and wonderful empire which had rule over the whole island and several others..."

Atlantis was supposed to have been destroyed by a great catastrophe around 9,500 BC, some citing a great flood and others by explosion. This catastrophe all but wiped out its people, cities and culture. The capital of Atlantis was called Poseidon (after the sea god of that name) and the catastrophe that destroyed Atlantis was supposed to have taken place in a very short period: a day and a night. Plato wrote two dialogues: The Dialogue of Timaeus and the Dialogue of Critias, documenting the history,

environs and people of Atlantis however he never finished the second Dialogue and never wrote a third that was planned. This session accesses Plato at the time of his writing to ask him how he would have completed the second Dialogue and what he would have written in the third Dialogue if he had completed it.

Questions

ATS: Plato, I am an individual from the far future who is very interested in your accounting of the island state of Atlantis. You wrote the First and Second Dialogues but did not finish the Second Dialogue and did not write the third Dialogue. I am here to listen to what you have to say about these works. Also, I would like to know how much validity you put in these accountings and if you think I am on the right path to understanding new things about the history and people of Atlantis?

Plato: Listen well my little friend, you may be from the future, but people never change. What you have read in the dialogues is what you would probably find in your future world: people do not change, wars do not change, places change but people's natures stay much the same through the centuries. Stay by me and listen because I have not had a chance to talk for a long time and this is my opportunity.

Here it is boring, and I have not been able to write, I am still alive as you talk to me and I am confined to my bed. I have been very ill, and nothing will ease me. This is a distraction and a delight for you to be talking to me. I will not tell anybody about your visit because they will think the sickness has gone to my head. I will tell you as much as I remember and what I intended to write. I do not know if any of this will make sense but write what I say for you, too, are a historian. I am tired and sick and broken. I will not be long in the Earthly world and will join the gods. This will be a blessing, Oh, I ache so. This will be a distraction from my troubles and my lying here by myself. Well, as to your questions will you say them again for me?

ATS: You wrote the First and Second Dialogues but did not finish the Second Dialogue and did not write the third Dialogue. I am here to listen to what you have to say about these works. Also, I would like to know how much validity you put in these accountings and if you think I am on the

right path to understanding new things about the history and people of Atlantis?

Plato: The first being the first Dialogue. I wrote this not to those who appear in the story but as an example of an ideal, a state which if it had existed, which I think it did from the history as I have been told, then it is rightly so. The people in the story, who I talk to in the story, are real people but they did not hear the story, they appeared in the story to make it more interesting. The story was told to me and I heard it many times from many people and the first dialogue is very true. It may have been an ancient tale but there are enough stories handed down in families to make it real. It may have happened a very long time ago, but it is the interest of the story that has been passed from father to son to son to son and so on. Am I rambling?

I would like to think that people are reading my words in the future, in the far, far, future, is this so? (Yes, it is so). That is a wondrous and wonderful thing. That my words have lasted so long and are read in the far future. This makes my life worth the living and the death worth the dying. I am not an old man. I am still a young man, well not so young, but not an old man. I have written and talked and talked and written and wondered if anyone ever listened to me. It is a wonderful thing to hear that my words are still being read in the far, far future. How far in the future are you? (Several thousand years.) Several thousand years, several thousand years, that is impossible, how can my words have lasted so long? It is a wonder.

I will tell you what I was going to write in the unfinished second dialogue, I was writing about the great wars, about state going against state and the terrible wars and the wars with Greece and the wars with Mesopotamia and the wars with Cratia (?) and the wars in every place and the killing and the fighting and the bloodshed. But then I got bitten by a snake and I was in my bed with a fever for a long time. I thought I would never recover. I was planning to write all about the wars and the anger of the gods and the destruction that came upon Atlantis as I had heard it told, the great upheavals of the land and the rushing in of the waters, and the fires and the inundations. But I was so ill that when I recovered, I had no strength to write. All I wanted to do was to sit in the sun and think and perhaps talk a little. People came to talk to me, and I was glad but tired easily. I wanted to write, it was an ache, I wanted to take my reed in my hand and write again. There was a scribe offered to me, but I could not

write through the scribe, he would not have written exactly what I wanted to say. I wanted to put my own words down, to sharpen my own reeds, to make my own ink, to write my own words. All of this was lost to me. I had no strength to do so.

When I recovered, I had lost the urge to write, it was gone, I know not where, and all I wanted to do was talk. I talked about Atlantis, but nobody was interested to hear what I had to say. I had them read what I had written and then to tell them what I was going to write. They listened patiently and carefully but all they wanted to do was argue points of war and politics not to understand the land that was Atlantis. I was very disappointed and resolved not to write the third Dialogue. It is now all gone from me, I do not remember what I was going to write, and it does not matter. But perhaps it does matter as the first and second dialogues are still being read thousands of years in the far, far, future, perhaps the third Dialogue would have been, too. But I do not remember. I have been so ill that my memory has almost gone. It takes all my strength to sup and drink and be put on the pot. I suffer great indignities. They care for me, but it is my body that they care for not my mind. They do not sit and listen to me. I am glad that you have come to talk to me and to listen to me. What was it you were asking me again?

ATS: Also, I would like to know how much validity you put in these accountings and if you think I am on the right path to understanding new things about the history and people of Atlantis?

Plato: What is validity? Do I think the tales are true? Yes, I think they are true and will say this to my last breath. They came on the highest regard through father to son to son to son. There was a recitation, a memorizing of the tales so that their truth and beauty would shine through the words. I do not think that anything was lost. I am sure that others have written the same. Have they? Perhaps you do not know. I do not know. Yes, the words are true, but they happened a very long time ago.

Perhaps in the far, far future, these gifts are more appreciated and respected. (Not really, only by some). That is a pity. I would like to talk to you more and will you come again and talk to a poor old sick man. (Yes, I will). I am tired. Go now.



The Sphinx

Record Keepers - Historical Events.

Exploratory: The Sphinx.

March 3rd, 2007.

2019 Notes: The client suggested, as a change from business-related projects, that we explore another interest of his: how the Sphinx was formed and how that form developed over the eons. For this session, a virtual historical record, like the Akashic Library, was accessed via a virtual guide called the Record Keeper. Using ERV, questions were asked about the formation of what we know today as the Sphinx.

Two developments are of current interest. Research has found that the early Sphinx forms were probably formed in the likeness of lions and this was discovered during our 2007 inquiry. Also, it was predicted back in 2007 that other Sphinxes would be uncovered in the future. This is happening with multiple Sphinxes being discovered around the world, for example in Turkey! In addition, new research is emerging regarding the historical link to lions in the formation of the Sphinx mythology.

1. *When was the Sphinx built; how many thousands of years ago?*

Record Keepers: The Sphinx that Humans now recognize was not the first Sphinx. (A: Can you tell us about the ages of all the Sphinxes?) The Sphinx that Humans now know was constructed three and one half thousand years ago on the base on previous Sphinx edifice. The original Sphinx was constructed six thousand years previously. (A: Is this AD or BC time?) The years are from this Human year. (A: Can you tell us about the first Sphinx; was it a personification of a person or animal or in some other form?) It was in the form of the Large-Cats. (A: Were these the same Large-Cats that are present in Africa or something else?) It was a personification

of Large-Cats that lived at that time, in that area. They were the remnants of an older species which were around double the size of the current big cats of the continent of Africa. The original Sphinx was built on a solid mound of rock that was added to with masonry and plaster. The masonry and plaster deteriorated over the centuries and frequent modifications were made. (A: How many modifications were made over the centuries?) There were seven major modifications along with ongoing repair and maintenance of the edifice which do not count as modifications. (A: Did all the Sphinxes look the same as the Sphinx that we know today?) No. The first Sphinx was in the image of the Large-Cats and not a Human form. However, each modification kept some of the aspects of the Large-Cats. Several leaders incorporated their images into the edifice giving it a Large-Cat and Human look.

2. *How long did it take to build the Sphinx?*

Record Keepers: The original Sphinx did not take many years as it was built on a solid rock base with added masonry and plaster. It was decorated following construction with colored Earths and dyes. (A: How many Earth years did it take to build the first Sphinx?) Five Earth years. Each modification has taken longer to construct as it has become bigger and more elaborate. (A: How big was the original Sphinx?) The rock base was, in Earth measurements, fifteen feet long and ten feet tall, with added masonry and plaster this extended the Sphinx again by half. (A: How long did it take to rebuild the current Sphinx?) It took nearly fifty years, as the edifice is more than ten times larger.

3. *Was it expanded or restored over time?*

Record Keepers: Yes, as we have explained, the Sphinx was renovated and enlarged over time to about ten times larger than it was in the first Sphinx. (A: When was the last restoration, maintenance, decoration?) The last major restoration, maintenance, decoration took place in the era of the Pharaoh, who was the fifteenth in line back from the last Pharaoh.

4. *Were there any other colossal statues, such as the Sphinx, in other places on Earth before this? If so, what were they, where were they, and why were they built?*

Record Keepers: There were originally four Sphinxes, at the cardinal points of the compass. Only one of these has survived to the present. The others were abandoned and have become buried with sands and debris or were looted for building materials over the centuries. The others were abandoned because of flood, sandstorms and windstorms which became too great to fight. (A: How far apart were these four Sphinxes?) They were as much distant apart as the size of the Sphinx multiplied by one thousand. They constituted a rough square and at each corner of the square was a Sphinx. In our records there is no mention of other Sphinx edifices in other parts of the world of this size or construction. There are smaller edifices which represent big cats, in South America and in Asia, but none the size or complexity of the current Sphinx.

5. *Were there similar edifices built before by the same people? What were they and why don't they exist?*

Record Keepers: Yes, we have mentioned the four Sphinxes that stood at the four corners of the rough square at the cardinal points of the compass. The current Sphinx is the only one that survives. The others did not survive as previously mentioned.

6. *Were there other structures built around the Sphinx related to its religious role?*

Record Keepers: The first Sphinx had no survivable structures around it. There were huts and storage buildings constructed of natural materials such as timbers and reeds but these either disintegrated or were dismantled. It was not until the fifth rebuilding of the edifice that solid structures were built around the Sphinx. These were houses and storerooms, too, but larger and more solidly built. Over the centuries these were modified, added to, dismantled, robbed of stone and covered with sands and waters, so that only the outlines exist today. There were no religious structures built around the

Sphinx, such as temples, only the houses of the priests. Most of the ceremonies for the Sphinx took place outdoors around the Sphinx. There was no need for temples or other religious structures.

7. *How was the Sphinx built? Are there very long, stone blocks inside the Sphinx? If so, how were they cut, transported and built so high?*

Record Keepers: The interior of the Sphinx is a solid rock formation, which was natural to the area. (A: Around Africa are natural rock formations called Kopjes, which jut up out of flat landscapes and are often home to Large-Cats. Was this original mound a Kopje?) Yes. This was not an isolated rock as it was the top of a rock base that extended down into the ground and was joined to the bedrock. All four Sphinxes were built on mounds that connected to the same bedrock. There are no long blocks inside the Sphinx. The original rock was sacred to an earlier group of Humans before it was constructed into the first Sphinx. Over the centuries added masonry and plaster have built the Sphinx to its present size.

There was no need of cutting, transporting and building of very large blocks of stone as the building methods varied. With the first Sphinx, the rock was covered with plaster and painted using scaffolding, ropes and natural materials from the Earth. Next was masonry in the shape of found and cut stones, much the same as many Earth communities construct rock walls. The stones were layered from the bottom up and covered the whole of the plastered rock. Several layers of this type of stone covering were constructed one on top of the other. The other three mounds were renovated in a similar manner but were abandoned at this stage. The kopjes can still be identified but are covered with the sands. At the time of the first construction, the area was verdant but by the end of the stone walling construction the area was becoming a desert.

8. *Was the Sphinx built using the same technology as the pyramids?*

Record Keepers: No, the pyramids were built using a much more sophisticated method of construction. There are no similarities between the

Sphinxes and the pyramids, either in their construction or the purpose of their building.

9. *What techniques did the Egyptians have to build the Sphinx?*

Record Keepers: The Egyptians originally had rope ladders, a natural clay plaster and Earth pigments. As civilization progressed, timber scaffolding was brought into use to enable the workers to climb higher more easily. Stones used in the cladding were eventually brought in and were followed by cut and shaped masonry stones and then bricks constructed of baked clay.

10. *Was the Sphinx surface covered with masonry?*

Record Keepers: The Sphinx was covered with masonry at many times in its history as Humans sought to protect the stonework and to renovate the decorations.

11. *Why haven't wind and water worn it all away?*

Record Keepers: It has, many times. And many times, it has been renovated and rebuilt. The Sphinx has also had to endure winds and sandstorms and looting of its stones for building of other structures.

12. *Such a large structure would imply that it was built with many organized people. How were so many people enlisted and organized? Were they slaves in battle, other civilizations that were forced into slavery or were they volunteers?*

Record Keepers: Little is understood of the workers on the Sphinx and, for that matter, of the pyramids. Modern Human history depicts these workers as slaves. They were not slaves. Originally the whole community, men, women and children, was enlisted to plaster and decorate and claim the mound from the Large-Cats, which had been devastating their community. The community incorporated their own dung into the plaster to

keep away the Large-Cats and other animals. (A: Is this why some native peoples place animal and Human dung on their structures, to keep away predators?) Partly, yes.

Eventually, only the men of the community were enlisted to maintain the structure, which now had the appearance of an artificial mound. The men were required to carry out this service to the mound and stories of the Large-Cats were passed down from generation to generation. Over the generations, the service to maintain and rebuild the Sphinx became a requirement, such as military service is required in some countries. It was considered an honor to maintain and rebuild the Sphinx. Even if a man relocated, he would still return to work his requirement of maintenance and rebuilding. As the early pyramids began to be built, this same requirement was in place for these structures. Men came from far afield to satisfy the requirement for building and maintenance service. The workers had a guild which was characterized by Large-Cats pelts which were replaced eventually with the pelts of modern big cats. A mythology surrounding Large-Cats (which became relegated to modern big cats) evolved. (A: Is this mythology still in place and are big cat pelts still associated with the Sphinx?) Yes.

13. *How were such so many people fed, watered and clothed?*

Record Keepers: The men who served the Sphinx, and there were many thousands of them, and more when the pyramids began to be built, were instructed to bring with them enough provisions for their length of service. Many brought their wives and families and households who were housed in temporary structures for the duration of the service. Many others came on their own, leaving their households and families during the time of their service but bringing enough provisions for themselves. The provisions were housed in a central storage and meals, clothing, or tools, were given out as needed.

Water came from the many streams and wells around the area. In the early days of the first Sphinxes, the Nile River did not run its current location, so water did not come from that source. The men who did their service for the Sphinx were divided into guilds or classifications according to their assessed skills: stonecutters, brick builders, plasterers, decorators,

stone carriers, cleaners, cooks, laundry, water carriers, etc. There was no pay for the service, it was an expected service.

14. *Such a civilized government with soldiers implies a culture with food sources: grains, a system of taxing people, where people gave parts of their grain to local and central leaders. Was this the case and was it typical of the government of that time, which built the Sphinx?*

Record Keepers: When the first Sphinx was built, the community was a simple agrarian/hunter community with no established political systems except a chief and justices. As the Sphinxes developed so did the political structure of the people. The Sphinx was not the cause of the development, but the other way. As the people became more organized, the work on the Sphinx became more advanced.

15. *Many powerful rulers have established religion to scare warring tribes and turn their people's attention away from enjoyment to fear, in order to gain control? Does this apply to the rulers who built the Sphinx?*

Record Keepers: The original builders of the Sphinx did not build the edifices for these reasons. They built the Sphinxes to take away the home bases of the Large-Cats in their area and to establish them as their own territory. Eventually, the solitary edifice became a symbol as power and wealth as it was built larger and larger and more handsomely decorated. Although not following along the lines of turning the people from enjoyment to fear, there were sanctions in place for any individual who did not honor their service to the Sphinx.

16. *Before the Large-Cat based religion, what other organized religions were evident with religious leaders or priests? What was its belief system?*

Record Keepers: Before the Large-Cat mythology arose, there were other religions in the area based on natural events: sun, moon, wind, and seasons. These varied with the type of belief, but all were based on animism and the power of these events and elements to cause good or bad to happen to the people.

17. *With the Large-Cat religion, was this the first attempt to establish an organized religion among Humans?*

Record Keepers: It was not developed as a religion but came to be a religion based on mythology. Originally there was no Large-Cat religion, just a need to keep the Large-Cats away from the community. As with all Human religions, this one began with simple needs and grew into a system of belief. The Large-Cat belief was not shared by other communities.

18. *Why build such a colossal structure. Was it done to emphasis the power of the central ruler? Or was it done to frighten raiding tribes from the south? Was this the reason it was large enough to be seen from space? Was it to frighten away visitors from space?*

Record Keepers: The structure, as mentioned, was based on small rock mounds, which were not visible from space. As they grew. they took on the role of edifices that could frighten away warring neighbors as they indicated the strength and wealth of the community around the Sphinx. The current Sphinx is not large enough to be seen from space unless it is seen from very close to the Earth. It was not originally built to frighten away visitors from space but to frighten away Large-Cats.

19. *Why do other structures face north, south and west and the Sphinx faces east?*

Record Keepers: Originally, there were four Sphinxes, built on natural rock mounds, which were built on the four corners of the compass. The remaining Sphinx faces east.

20. *Was it built as a symbol of power towards civilizations from other directions?*

Record Keepers: Later versions of the Sphinx were renovated as symbols of power and wealth to impress other civilizations from other directions. That was not its original purpose, as we have said before.

21. *What other structures were built by other powerful rulers, around the time of the Sphinx? Why don't they still exist as the Sphinx does?*

Record Keepers: At the time of the building of later Sphinxes, other rulers and cultures were building large structures, not Sphinxes, over underground natural resources to protect the resources and for protection of the people. These edifices were built over natural caves and water sources. These structures still exist in other countries as pyramids.

22. *Was the Sphinx intentionally preserved and why, or did it just endure because it was built so well?*

Record Keepers: Yes, the Sphinx, in its many versions, was intentionally preserved. It did not endure well but has been continually degraded by wind and water and sand. It was built well because it had as its base a natural rock formation, so that, even if the elements degrade the Sphinx, there will always be an underlying structure that will endure.

23. *Did a centralized civilization control and movements emerge in Egypt for the first time in Humanity?*

Record Keepers: There was a parallel emergence of centralized, civilizations of control in many parts of the world, while it was emerging in Egypt. Humanity emerged as a civilized movement in many parts of the Earth around the same time.

24. *Is this area, the latitude location of the Sphinx, an important location? If the soils and climate were highly productive to support an army and Human population to support the Sphinx, this would imply similar latitude in history may indicate other civilizations that arose to enhanced power, then declined?*

Record Keepers: This is a far vaguer question than we can answer as we have a great deal of information. This latitude gave rise to many civilizations, not just around the time that the Egyptians evolved, but over a long span of time. It was an important location because of the milder climate and the abundance of crops, sea life, and wildlife. Not all the civilizations that emerged declined, but many went on to greatness.

25. *What are the reasons other civilizations declined with little evidence of their existence?*

Record Keepers: Other civilizations that emerged in this latitude, around the same time as those in Egypt, declined because of war, sickness, drought and famine. Many of these conditions were brought on by mismanagement of resources and fighting over resources.

26. *The Sphinx was built around people's fear of Very-Large cats, as well as other fears. Most groups are organized around fears of large animals, attacks from other groups, disease and death, from within groups of people, fear of conflict, conflicts with nearby groups and destruction by nature: such as storms, flood and destruction. This has been the organizing principle behind all organized groups of people in history. What other groups of people in history have mastered basic Human needs and protection from the fears mentioned above? Such groups of people would have enjoyed life, optimizing and extending life, optimism and Human capabilities.*

Record Keepers: Almost all civilizations go through the stages of mastering fear and enjoying life, optimizing and extending life, optimism and Human capabilities. It takes decades of centuries. (A: Why does the US

still live in a fear-based structure?) This is because it is still a very young country and has not gone through the stages necessary for optimal life. It is seen as a country in its juvenile stage with the needs of a juvenile to establish its autonomy and power.

27. *Is this the case for other races in the Universe who have, in fact, mastered protection and their fears and thus have focused on enjoying their life and optimizing their capabilities? Did such groups exist before the construction of the Sphinx and what happened to them?*

Record Keepers: Most of the races in the Universe are very old and have already established themselves as autonomous and powerful. Many of these races do not feel the need to be territorial or aggressive. There were peaceful and autonomous Human races before the construction of the Sphinx, but these were isolated and localized.

28. *At the time that the Sphinx was built were many people greedy? Or were they focused on peace, pleasure, Human capabilities and involvement or was the Sphinx built to distract them?*

Record Keepers: The original Sphinx was built out of fear of the Large-Cats. It became symbolic of other things as its mythology developed. Humans have always been greedy.

29. *Didn't the Great Flood happen before the Sphinx was built or after the Sphinx, in Human time. If the flood happened after the Sphinx was built, why didn't the great Flood affect the Sphinx?*

Record Keepers: Which Great Flood? There were many. (A: The Great Flood that is recorded in the Bible.) The Great Flood was limited to a small area in what Human's now call the Middle East. It did not affect the Sphinxes or that area.

30. *Did the Great Flood originate in the great wave that destroyed Atlantis? Was there an effect on the location of the Sphinx?*

Record Keepers: The Great Flood that is depicted in the Human Bible is not the same great flood that affected Atlantis. It was not a great flood that was the cause of the demise of Atlantis but a combination of many factors. There was no effect on the location of the Sphinx as it was located too far inland and the Nile did not have its present course.

31. *What happened to the Sphinx subsequent to it being built during the centuries and millennia after it was built? What effects did the environment, changing ownership of the land, changes in how civilization was organized and controlled, technical advances have on and mean for the Sphinx and why?*

Record Keepers: These questions have already been answered.

32. *How and why was the Sphinx preserved under different circumstances? Why did changes take place and why? For example, over many thousands of years Human technology advanced from clubs to spears and spear throwers, such as atlatls.*

Record Keepers: There is no connection between the preservation of the Sphinx and the development of Human technology. It would be the same as asking if the Sphinx had a connection to the development of the jet engine. We have already answered how the Sphinx was preserved under different circumstances. Human technology developed because Humans were ready to develop this technology and a need existed: growing populations to feed, house and nurture.

33. *Were all the Very-Large cats eventually destroyed? Were these the equivalent of the lions and tigers still known in the area or something different?*

Record Keepers: Yes, all the Very-Large cats were eventually destroyed, and they became extinct. The lions and tigers of the current age are either the smaller descendants of the Great-Cats or branches of the same genetic tree.

34. The current area is not thought of as verdant, except during the flooding of the Nile. During what periods was the area around the Sphinx verdant and how much longer until this area is verdant again?

Record Keepers: The area around the Sphinx has depended on the course of the Nile River and its tributaries. As the tributaries of the Nile Delta became full and covered, less water will enter the sea and more water will spread out over the land, causing a return of the verdant environment. This will not be for, at least, another few hundred years.

Record Keepers - Historical Events.

The Sphinx: Ecology, Lifestyles and Beliefs over
Seven Successive Time Periods.
March 10th, 2007.

2019 Notes: In this second session we asked the Record Keepers how beliefs changed over time, in this region, with relation to the ecology of the area, inter-relationships between groups of people and groups, Earth shifts, environmental factors, and how Humans interacted with the Earth. How were people managed, according to these belief systems, and how did the people change from hunter-gatherer communities to organized government and management? What diseases affected the development of the people and their beliefs? How did warring attitudes between the different groups affect their beliefs and their government?

Also details of their daily lives were important; what they ate and drank, for example. This project was divided into an overview of the seven major time periods that the Sphinx was altered by the local people and how these changes were instigated by or changed the people's beliefs.

Sphinx 1:

Ecology of the area.

The ecology of the area six thousand years ago was a mix of desert and dry grass land with numerous small streams and sink wells. There were no major rivers, but geologic disturbance had left many rocky mounds above the surface of the land. These were used by both animals and Humans for living, observation and hunting. The climate cycled between warm and wet and warm and very dry. Where natural water springs broke the surface of the land, stands of quick growing trees flourished and died when the springs changed course.

Interrelationships between groups of people and groups.

There was a tribal interrelationship between small groups of people which varied according to leadership. In the area of the Sphinxes, the leadership was benevolent and cooperative. The nature of the interrelationships could be likened to the Native Americans of early American history. There was a strong cooperative spirit except when occasional tribal disputes arose.

Earth shifts.

The major Earth shifts for this region were quiet: no major volcanoes or Earthquakes. However, wind and water were, at times, fierce and created landscape sculpting. Overall, this was a harsh environment and the Humans valued the land and their lives. There were occasional Earth tremors but no major upheavals.

Environmental factors.

This was not a mild climate and the people adapted their living accordingly being, at time, nomadic. They came back to the same locations but wandered around a designated region.

How Humans interacted with the Earth?

The grasslands provided grazing and the early people of that time gathered seed grasses for food and grasses for thatching and bedding. They also hunted the game that was plentiful in the area. The game ranged from large and small gazelle to large ox-like creatures. Large-cats were a constant worry as they competed for game and ownership of the outcroppings as well as attacking Humans.

How were people manage according to these belief systems?

The current religious belief was animistic in nature, believing that all things had life and spirit. Offerings of food were placed at strategic places around the living areas as well as on sacred outcroppings such as the mounds that became the first Sphinxes.

How did the people change from hunter-gatherer communities to organized government and management?

There was no change from hunter-gather to centralized management at this stage.

What diseases affected the development of the people and their beliefs?

Many of these Humans died of starvation or died young due to poor diet. Childhood diseases killed more than half of the infants, and children who made it to early childhood. Once childhood was successfully passed, adults were generally healthy and strong but declined in late adolescence and died in early adulthood. This affected their belief in these Humans becoming fatalistic in their beliefs; believing that their lives and their future was outside of their control.

How did warring attitudes between the different groups affect their beliefs and their government?

Generally, there was cooperation between the different groups but when there was warfare, each group believed that spirits would aid them in successful battle. Warring attitudes did not affect their general animistic beliefs.

Also details of their daily lives were important; what they ate and drank, for example.

Humans lived in dwellings that consisted of small timbers, hides and grasses. They collected local Earths and clays for decorations and for shallow bowl-like eating and drinking vessels. These were unfired, fragile, and did not last. Drink was water, or a steeped drink made from local grass grains. Food was mostly grain-based with occasional meat from successful hunts.

Sphinxes 2 & 3:

Ecology of the area.

The ecology of the area had changed very little, varying between humid and warm and dry and warm. However, there were two periods of about fifty to one hundred years prior to the refurbishing of the third Sphinx, when the climate was very cold with snow, hail and frost on a regular basis. This final cold spell cracked many of the third Sphinx's covering and deteriorated the decorations, which needed replacing.

Inter-relationships between groups of people and groups.

Very little changed during the rebuilding and additions to Sphinxes two and three. The population had grown and was becoming more organized. The refurbishing of the third Sphinx was, consequently, more organized and completed in less time than it had for Sphinx two.

Earth shifts.

The changes in climate and following the cold spells caused some minor upheavals of the land as rain-soaked land dried out and land masses settled. However, these were not enough to create major life changes or movement of the Humans. However, they did contribute to the deterioration of the Sphinxes, which had not yet been covered by the blowing sands.

Environmental factors.

By the time of the rebuilding and refurbishment of the third Sphinx the area had become very warm again. Clothing and housing became less dense and more open.

How Humans interacted with the Earth?

Humans were still hunter-gatherers but now corralling game for their use. Humans would travel for long periods of time and great distances in search of game but over this period learned to capture live game and to keep this game in enclosures.

How were people managed according to these belief systems?

The Humans were still invested in an animistic belief system and this was respected across the region. Each thing whether rock, plant, animal or Human was believed to have a resident spirit that needed to be respected. Fir-hand knowledge of the Large-Cats was dwindling but big-cats of the region (lions) were around and respected.

How did the people change from hunter-gatherer communities to a centralized government and management?

The communities of this era were still mainly localized within and governed by their own small communities.

What diseases affected the development of the people and their beliefs?

Generally, the Humans of this region enjoyed good health and stable lifestyles, but the length of life was still not that of modern Humans.

How did warring attitudes between the different groups affect their beliefs and their government?

There was occasional fierce fighting between groups, but this was sporadic and based mainly on the introduction of grain-beer that was consumed in great quantities. This drink had more to do with warring Humans than other reasons.

Also details of their daily lives are important; what they ate and drank, for example.

The diet was becoming more varied with the introduction of meat from captive animals. Grain beer was the main drink, which supplanted water which had been the main drink for centuries. One benefit of the grain drink was that it provided both protein and vitamin to their meager diet. Men, women and children drank the grain beer.

Sphinxes 4, 5 & 6:

Ecology of the area.

During the time period that Sphinxes four, and five and six were rebuilt and refurbished, the area was dry and desolate with periodic wet spells that lasted five to ten years at a time. At other times the waterways dried to nothing. Very little grew in this area. Herd animals were seasonal and came to this area infrequently. Small rodents and birds of prey were abundant. These were harsh times.

Inter-relationships between groups of people and groups.

There were very few groups of people in the area during these periods. The Humans were mainly nomadic returning to the area for religious and spiritual ceremonies which included the three occasions when the remaining Sphinx was redecorated. During this time there was an orchestrated peace between the Humans for this task to be carried out. It was thought important enough to transcend personal and inter-tribal fights. In general, the Humans spent much of their time in the coastal regions, returning inland for hunting and spiritual purposes.

Earth shifts.

During this time there were Earth shifts characterized by frequent Earth tremors that were created by the drying and shifting of the soil layers. There were no major volcanic upheavals and the Earth tremors did not cause any major Earth changes in this region.

Environmental factors.

The climate of the region was arid. There was no running water, except during the infrequent wet spells. Water could be located by creating sink holes and drawing up subsurface water. At time of infrequent rainfall there would be a brief abundance of plant life that would soon die back when the rains ceased. There was no yearly, cyclic rainfall.

How Humans interacted with the Earth?

Humans were nomadic during this long era. There was a constant search for food, water and shelter. The interaction with the Earth consisted of subsistence only.

How were people managed according to these belief systems?

There was no management except within nomadic families. Occasionally families would congregate where there was game or grasses, especially on the coast, but would then disperse and search out new areas. The only time that people congregated in large numbers was for spiritual reasons which were governed by sun, moon and star positions.

How did the people change from hunter-gatherer communities to organized government and management?

There was no centralized government during this era, or even regional government. Regional and centralized government came about over the remaining era between the 6th and 7th rebuilding and refurbishing of the Sphinx and was a gradual process.

What diseases affected the development of the people and their beliefs?

The nomadic tribes were extremely fatalistic, citing everything from the heavens to spirits for the incidence of disease, lack of grain, lack of cattle and deaths. Death at all levels of life was prevalent, especially infant mortality. Few Humans lived to what modern Humans call early middle age.

How did warring attitudes between the different groups affect their beliefs and their government?

There was a great deal of fighting between the nomadic families who happened to find similar food or water resources at the same time. However, these differences were laid aside during times of spiritual effort.

Also details of their daily lives are important; what they ate and drank, for example: nomadic families divided their time between the coastal regions, the mountain regions and the arid desert regions. They returned to the region of the Sphinx for spiritual purposes. Their diet depended on which region they inhabited.

Sphinx 7:

Ecology of the area.

The area by this time had become arid with water concentrated in three rivers, each smaller than the current Nile. The Nile was to merge these three rivers into the current waterway. The lands away from the Nile became increasingly arid and resembled the area as we know it today.

Inter-relationships between groups of people and groups.

This was a time of widespread cooperation between groups and the people had organized into the equivalent of villages, towns, cities and major political centers. There was a definite hierarchy with strata of society ranging from the priests and kings down to servants and slaves.

Earth shifts.

Earth tremors were much less and considered more of a nuisance than a problem by the local people.

Environmental factors.

The area being very dry needed constant irrigation. The meager rainfall was channeled and stored. The Nile waters were monitored and diverted through cut channels to fields and stone, water storage areas. Dry

winds were managed with strong cloth-like barriers across doors and windows and used by Humans when outside.

How Humans interacted with the Earth?

This era was agrarian in nature with farming of animals and grains. It was a precarious existence and depended on rainfall and the Nile waters. In a way, very little had changed since the building of the first Sphinxes.

How were people managed according to these belief systems?

This was the beginning of a sophisticated system of government and management. There was a definite hierarchy with multiple rules and laws that had to be followed. However, judgments were lenient with an emphasis on social learning rather than harsh judgment and retribution.

How did the people change from hunter-gatherer communities to organized government and management?

The change was gradual, but the people were still hunter-gathers in nature, only they hunted much less and farmed much more extensively.

What diseases affected the development of the people and their beliefs?

Humans did not die early but many lived into their thirtieth or even fortieth year. The age at which Humans died in this era was reflected in their status. Priests and kings lived longer due to their better diet and activities. However, the slaves and servants also lived longer as they had access to the households' food and amenities enjoyed by the upper classes. It was the laborers and middle class that died soonest because of diet and work-related diseases.

How did warring attitudes between the different groups affect their beliefs and their government?

War had now become an organized activity: planned, staged and executed in a formal manner. There was less reliance on spiritual beliefs

behind the warfare.

Also details of their daily lives are important; what they ate and drank, for example.

The Humans of this region enjoyed a varied diet of meats, fruits and grains. However, the quantity and quality of these varied according to status within the hierarchies. Buildings of this time were of stone and other masonry and richly decorated, regardless of status.

ATS: This was very interesting. Thank you, Record Keepers for your records and wisdom.



Earth Changes and the Mayan Calendar

2019 Notes: As we approached the year 2012, there was extensive international concern about Earth Shifts, Earth Changes and the Mayan Calendar, whose ending some predicted as the “end of the world!”

Jay commissioned an extensive session asking questions about this potential event. Using a combination of research and intuitive insight, the following was perceived.

The client responded to the session as “not helpful” as he fully believed that there would be catastrophic Earth changes following the end of the Mayan Calendar. As we now know, this did not happen!

Mayan Calendar 2012.
July 1, 2009.

Overview

The client has asked for an extensive overview of the upcoming 2012 potential disasters which have been predicted by several groups. For example, one social leader in England has a wide following and gives talks around the country predicting dire consequences for 2012. (Unfortunately, he has become one of the “gurus” and has set himself up as a sort of “savior” saying “if you come with me to higher ground, lead a more spiritual life and accept me as your leader you will be saved from the upcoming disasters”!) Predicted around December 2012 are major Earth upheavals including Earthquakes, volcanic eruptions, tsunamis and geomagnetic pole shifts with accompanying rising tides and changes in climate.

It appears that this might be a cyclic event which occurs every 26,000 years and there are astronomical indicators of something happening on December 21st, 2012, when there is a planetary alignment occurring and the astrological indicators shift from above to below of the midline. There have been historical antecedents for all the disasters above including extreme pole and geomagnetic shifts.

The client asked the following questions:

Major Earth Shifts.

What do we know about the upcoming Earth shifts that are predicted to occur on December 21st, 2012?

December 21st marks the end of the “[Mesoamerican Long Count calendar](#), notably used by the [pre-Columbian Mayan civilization](#) among others, completes a "great cycle" of thirteen [b'ak'tuns](#) (periods of 144,000 days each) since the mythical [Creation date](#) of the calendar's current era. On this day the Long Count date at creation—written 13.0.0.0.0 in modern notation, equivalent to [August 11, 3114 BC](#) in the [Gregorian calendar](#)—is repeated for the first time in a span of a little over 5,125 [solar years](#). The completion of this cycle and the repetition of the previous Creation's Long Count ending date have been central to various [2012 doomsday predictions](#) since the 1960s. Academic researchers have now concluded that the ancient Maya themselves attached similar significance to this point in time.”

Several years ago, I had a very dear and wise friend, Paula Underwood Spencer, who has since passed away. She was of Native American heritage and wrote about the oral traditions that passed historic truths down from generation to generation. She wrote about the Rule of Six. The Rule of Six proposed that there were at least six explanatory reasons for any event. And if you could find six explanations, there were probably sixty – but there is never just one reason (ruling out Occam’s razor.)

Considering the possible catastrophic events that have been proposed for 2012; Paula’s Rule of Six would perhaps encompass nothing happening at one end of the Rule spectrum to total annihilation of the Earth at the other

extreme. A more likely scenario is probably somewhere between those two extremes.

There has been some confusion as whether this date is the one predicted by the Mayan calendar. Who has done the calculations and what are the differences in calculation?

Another possible source of error in these “correlation constants” is that some older authorities on the Mayan calendar forgot that there was no zero year between AD and BC which “complicated their calculations.” Therefore, some authorities based the beginning of the “long count” system as 3113 BC rather than 3114 BC putting the calculations out by a year. In fact, there is a wide variation in the dates of the “Correlation Constants” with the Gregorian calendar marking the beginning of the Mayan recorded history by Mayan researchers, for example:

- Smiley – June 26, 3329 BC
- Makemson – February 11, 3374 BC
- Spinden – October 15m 3374 BC
- GMT (first correlation) – August 11, 3114 BC
- GMT (second calculation) – August 12, 3114 BC
- GMT (third calculation) – August 13, 3114 BC
- Bohm – August 4, 3010 BC
- Kreichgauer – March 14, 2997 BC
- Wells-Fuls – June 27, 2960 BC

It wasn't until recently that the Mayan pictorial glyphs were understood; until that time their meanings were either guessed at or interpretations given by modern Peruvians. As is the case with Native American rock art, interpretations are not always clear, and interpretations differ according to who is asking for the interpretation. A few years ago, at Red Mountain Spa in Utah, I took a hike to Native American rock art with an anthropologist who had worked with the local tribes. He noted that the local tribes would give tourists a glib interpretation of the glyphs (for example: carved footprints meaning “the way to go”) when they depicted family relationships.

So, in considering the date of December 21st, 2012 we must ask who did the reading of the glyphs and whose calculations were used for this

date. This information does not seem to be available in the literature related to the current predictions.

Most important to remember is that the Mayan calendar, that some estimate to end on December 21st, 2012, is just that, a calendar, it does not contain any actual predictions. The predictions have been made by Mayan scholars who have superimposed other proposed events: the return of Planet X, global warming, sun spot activity and the approach of Near-Earth Objects, the possibilities of pole and geomagnetic shifts on the date of December 21st, 2012.

Some students of Nostradamus' predictions feel that the end of the Mayan calendar was foretold by Nostradamus who predicted great Earth shifts occurring in the future. Is this so?

“Earth shaking from the center of the Earth will cause trembling around the new city. Two great rocks will make war for a long time. Then Arethusa will redden in a new river. (C1 87).”

This sounds a lot like my prediction of the future New York Earthquake although others, such as Joe McMoneagle, have given varying dates. If this Earthquake should occur, the upper and lower halves of Manhattan (the new city), which are currently divided by Central Park (two great rocks), and the resulting influx of waters would create a new river dividing Manhattan.

Nostradamus author Peter Lorie writes “As a final crescendo to the potential disasters that Nostradamus interpreters imagine for Mother Earth, surely the zenith is the shifting of the planetary axis that is seen predicted within several quatrains to be most likely to take place at some time during the last years of the 1990s and into the 21st century.”

Another of these predictions from the Quatrains reads:

“There will be omens in the spring, and extraordinary changes thereafter, reversals of nations and mighty Earthquakes. And there shall be in the month of October a great movement of the Globe, and it will be such that one will think the Earth has lost its natural gravitational movement and that it will be plunged into the abyss of perpetual darkness. Epistle to Henry II.”

Many followers of Nostradamus felt that these quatrains were going to be made manifest over the Millennium. But these predictions didn't happen then so perhaps they have been displaced and now thought to occur at the conclusion of another calendar end; that of the Mayan calendar. Nostradamus's predictions for the above events were for October rather than the December forecast by the Mayan scholars. If the predictions don't take place on December 21, 2012, then it will be seen whether the predictions will then be attributed to another future date.

There is the possibility, too, that the predictions are being driven by the futurists: those individuals and groups who are convinced that the end of the world will happen soon. Many of the predicted events, masked as riders of mythical animals, are very similar to some of the events foretold by the Mayan Calendar proponents. However, predicting something, as we know, does not always mean it will happen.

If 2012 is the end of the current Mayan calendar interval and the beginning of another era, was there anything significant happening at the end of the last calendar period?

If dire consequences are predicted at the end of the current Mayan calendar, we need to look back and ask if anything dire happened when the previous time period ended. Were there any catastrophic events happening or, indeed, what was happening around the turn of the 30th century BC? I have chosen the period around 3000 BC because, if there was an earlier calendar, it would have ended prior to 3114 BC. If there had been cataclysmic events, there would have been a reduction in population and Human development.

Interestingly, this was the end of the Neolithic period in Europe and the beginning of the use of metal forging of tools and weapons.

- Artworks, like the Narmer Palette from Hierakonpolis is made and is now in the Egyptian Museum in Cairo.
- Another artwork from this period was a Scarlet Ware vase from Tutab in ancient Iraq.
- Caral, (Peru) the first city in the Americas, starts to be built.
- City of Troy is founded.

- Stonehenge begins to be built in its first version of a circular ditch and bank with 56 wooden posts.
- The world population was estimated to be around 30 million between 3000 and 2000 BC.
- Minoan (Crete) civilization begins.
- Cycladic (Aegean) civilization begins.
- Helladic (Greek) civilization begins.
- The Angono Petroglyphs are carved in the Philippines.
- Aegian Bronze Age begins.
- Beginning of early Dynastic period in Mesopotamia.
- First Pharaohs of Egypt begin their reign.
- Early inventions appear such as hieroglyphic writing in Egypt, potter's wheel in China, first pottery in the Americas (Ecuador).
- The Sumerians establish cities and start to work in metal.
- The Mayans construct the Mayan Calendar.

So, rather than a destructive phase, the beginning of the Mayan Calendar phase was one of great growth and development in world civilization. Perhaps the end of the current calendar phase will usher in another great advance in Human development.

The end of the Mayan Calendar is thought to end another, longer cycle of 26,000 years. What was happening at the beginning of this proposed cycle to warrant the time period being recorded?

Looking at historic records from 26,000 and 24,000 BC it appears that a time of settlement seems to be apparent. There are Egyptian recordings of a bright and prominent Pole star but little else. If there were natural catastrophes occurring on the mainland, the people would have become nomadic.

In fact, people in Europe, Africa and Egypt were enjoying a time of settlement. They built kilns and fired creative art such as the fertility symbol; The Venus of Willendorf. They were weaving blankets and textile indicating fixed looms. They were decorating their dead and burying them in ritual ceremonies. Evidence of this comes from a cave found in the cliffs of the Gower Peninsula in Wales: The Red Lady of Paviland. This ochre-painted skeleton was buried with ceremonial honors in a high cave

overlooking what is now a watery channel. At that time the cave would have looked out over a tundra-like landscape, according to archeologists.

It is possible that these settlements were the migrating Atlanteans because we know that prior to a certain point in history, Neanderthals did not have art, decoration or the means for making tools and weapons. There was a sudden leap forward in development to reveal Homo Sapiens: a species that was artistic, verbally fluent, imaginative and creative.

So, 26,000 years ago, rather than there being a terrific upheaval, the picture was one of small settlements that were stable enough to build kilns, create pottery and artworks, weave blankets and textiles and create elaborate ceremonies for their dead. It is possible that the end of the current 26,000-year cycle that similar advances may be made by Humans. Perhaps we will become Homo Sapiens Enhanced?

There are, as we know, children being born in the past half-century or more who have been labeled Indigo Children. These children and older individuals are enhanced in many ways: physically, mentally, emotionally and socially. Maybe we are entering an Indigo Age?

What about the Tibetans whose ancestors made the Mayan calendar on which all these predictions are being made?

A few years ago, when we were asking various cultures about their stand on historical events and thoughts, we asked the Tibetan shamans about the Mayan Calendar and the possible events of 2012. They responded that the Calendar was intended for the Mayan people only and not intended for the whole Earth. They were quite adamant about this. The Calendar was Mayan in origin and only intended for a specific people. It was never intended to be applied to the whole Earth or to North America, in particular.

Will the Earth shift 45% because of the alignment of geomagnetic shifts and how will this affect those living on the Earth?

First, geomagnetic shifts and polar shifts are two different conditions according to geologists. Geomagnetic shifts have occurred on the Earth in the past as attested to by measured evidence in rock structures. A geomagnetic shift usually occurs when a planetary body is struck by another large body causing it to wobble and tilt. There might be some evidence for this, as in 2012 planetary body 433 Eros, the second largest

Near-Earth Object (NEO) will pass Earth at 16,639,090 miles distance; not enough to knock the Earth off its balance but enough perhaps to cause higher than normal tides and perhaps initiate seismic and volcanic activity. However, this NEO is scheduled to pass the Earth almost a whole year before the predicted 2012 events. There is also a total solar eclipse and a lunar eclipse predicted for November 2012, but these are cyclic in origin and not thought to have any negative impact on the Earth.

The Geomagnetic shifts that have occurred on the Earth, in the past, occurred very early in its geologic history and although they are forecast to occur once every millennium or so, they are unpredictable, and nothing is predicted along these lines by the geologists for the next few years. But they have been wrong before!

Will polar shifts become greater and are there historical precedents for such large shifts?

When we talk about polar shifts, we must understand that the poles already shift and meander in a random fashion due to the “wobble” of the Earth caused by the influence of the planetary bodies on the molten interior of the Earth. What the 2012 predictors are talking about is a complete reversal of the poles. This has happened in the past as measured by changes in the magnetic fields of the Earth’s crust. If this does happen, which it might according to environmentalists, it would happen suddenly, and Earth would not be the same as we know it. The oceans would overrun the Earth and create great upheavals, probably wiping out most of Humanity.

Whether this will happen in 2012, as predicted, is debatable as there are currently no indications for this. The Earth’s geomagnetic charge has been slowing down but different rates of charge have been found at different times and at different places around the globe for the past twenty years. I feel that there is a low probability of this happening. And, if it does, we probably won’t know anything about it, and we won’t be able to do anything about it.

Will the Earth shift and rotate so that east becomes west and west becomes east?

This question ties in with the previous one. Naturally, east becomes west every day as the Earth rotates. If the poles were to shift in a very large

way, north might become south and south north, rather than east become west.

Will there be excessive Earthquakes during the time of the ending of the Mayan Calendar?

Yes, there will continue to be excessive Earthquakes, and this is a good thing as the Earth is relieving stress at fracture points, rather than building up the stress. It is perceived that over the next five years greater than average Earthquake activity will occur in the Great Rift Valley of Africa, in northern Australia and around the seacoast of Portugal.

How will these Earth changes affect the submerged Atlantis/Lemuria lands which are described to be underwater mid-Atlantic? Will these rise again according to legend? Supposedly they suffered a major cataclysmic event within a day and a half and were submerged.

There is no perceived rising of Atlantis/Lemuria/Mu or other submerged lands coinciding with the end of the Mayan Calendar.

Will there be volcanic eruptions which will black out the atmosphere and cause a “winter” condition across the Earth, similar to a “nuclear winter?”

There are no major volcanic eruptions perceived at the end of the Mayan calendar that have the potential to black out the atmosphere except those already predicted for the American northwest (Hood, Ranier etc.) It is easy to tie in these events with the Calendar, as with any other seismic activity occurring on the Earth. It does not mean that there is a causal connection.

How will these Earth changes affect the Ring of Fire and other highly volcanic areas?

The Ring of Fire will be largely unaffected over the next five years although they will continue to be active.

Will the coming changes trigger tidal waves, tsunamis?

There are no massive tidal waves or tsunami forecast for the next five years.

How will these coming changes affect solar flares? Will there be excessive solar flares that will impact the Earth?

According to astronomers the sun has been in a quiet period and has, on average, an 11-year cycle between high and low sunspot activity. We are currently emerging from a low sunspot cycle. Excessive solar flares are not perceived around 2012.

The sea level has been predicted to rise 20 feet in response to global warming. Will the coming December 2012 events cause these to change level?

This prediction was made popular by Al Gore in describing the effects of Global Warming on the melting of the icecaps and on the oceans of the Earth. At the time of Al Gore's predictions for 20 feet rises in sea level, Global Warming had been in effect (registered and known about for at least twenty years.) I remember because we had a map showing increasing Earth temperatures at the PEAR Lab back in the later 1980s.

I have accessed records which showed how much the oceans had risen over the past twenty years up, expecting to find a large rise in ocean levels. Instead, what was evident were small periodic rises amounting to around 15 mm over that time period. There is evidence that many ice masses had already melted but this does not seem to have affected the sea level in any appreciable way. It is perceived that this small increase will persist but will not equal 20 foot rises except for tsunamis. There are no massive tidal waves or tsunami forecast for the next five years.

Locations

Where would it be possible to live and cope with the aftermath of such shifts?

As the shifts do not seem to be showing the dire predictions that are proposed, it might be prudent to talk about where someone would cope and live in the aftermath of the "doomsayers." People, like leaders in the UK,

who proclaim the “doom and gloom” scenario and use them to collect followers. They claim that the only way to escape the rising seas, Earthquakes and other problems, would be for everyone to go to higher land, to lead spiritual lives and grow their own food – all of course with them as leader!

At present, I am experiencing a great deal of cognitive dissonance. My consciousness does not perceive any hugely dire events happening; other than those that happen every day all over the world. Yes, there are thousands of people who have been caught up in the scare that the end of the Mayan Calendar will coincide with catastrophic events. Yes, there will be a planetary alignment, but these have happened before without dire consequences. Yes, a Near Earth Object will come close to the Earth around that time. Yes, we are in a period of Global Warming but so far, we have not seen huge increases in the level of the oceans.

The Mayans tell us that the Calendar was meant just for them and there is great disagreement about when the Calendar began and when it will end. Until, there are major signs that something dire is imminent, my feeling is that we should continue to live our lives as well as we can wherever we are.

If the poles rotate or the electromagnetic levels of the Earth shift or Earth is hit by a huge Near-Earth Object, we will not know much about it. If increases in sunspot activity increase to a dangerous level, again, we will probably not live through it. We can discount doing anything to escape from such scenarios. But I do not perceive any of these happening.

If we were writing a hypothetical scenario of what we could do after such catastrophes (assuming we survived) money, commerce, and communication would be subsumed by the need to survive to find and make shelter, keep warm, find food and water and escape those who would take those things from us. There are plenty of books written about such scenarios.

Where would it be safe to live where peace, privacy and successful living conditions would not be threatened?

Even if we were to survive the gravest of catastrophes, the Earth would become a very hostile place as people vied for available resources. There would be no place to live peaceably. Under conditions of lesser catastrophe, we could not look to government for resources and support (i.e. Hurricane

Katrina) or to the insurance companies or to state or local government that are cutting services even in a time of non-catastrophe.

People could not even live peaceably in a local context: it takes people of higher consciousness to understand peace (i.e. Hawkins). People showing higher consciousness would become victims of those with lowered consciousness: the world would become one great “school yard” with the bullies in charge. Resources would be fought over, hoarded and killed for. Those establishing safe, peaceful communities might have to show aggression to protect their community.

Where, in the past, have alternative communities gone for peace and safety? They go into the wilderness, up into the mountains, into the desert: they don't stay around metropolitan or industrial areas. There is the potential to live in peace, but it would be a learning experience, finding the best possible location.

Under the dire consequence's scenario, the Great Lakes would empty out and flood the Great Plains. Where would people live under such circumstances?

The scenarios under which the Great Lakes would empty out and flood the great Plains would come under the pole shift or Near-Earth Object collision catastrophes. If such events were to occur, it would not matter if the Great Plains were flooded as there would be very few people to occupy the land. Those that did survive would do what the Atlanteans are said to have done travel and colonize other areas, grow and prosper and survive. However, even the Atlanteans had weapons so the chances of living peacefully would be doubtful.

Would Boulder City, NV be a good place to stay during the cataclysms? Would marauding people from Las Vegas, for example, overwhelm any successful attempt to live?

Depending on the level of catastrophe Boulder City would have varying levels of survivability. For example, Boulder City receives its water supply directly to its own pumping station and its electricity is provided by a separate system within the Dam. If the water supply and electricity were to be curtailed for whatever reason, it would be almost impossible to live through a Nevada summer. People could get fresh water from the lake, hunt

bighorn sheep in the mountains and grow fruit trees (fig, apricot, pomegranate) in the summer but the winter could find people destitute.

Under a catastrophic scenario, Las Vegas would be decimated as tourists make up a large proportion of the population and they would not travel. There would also be an exodus from Las Vegas to California and north as families would be without occupation from the tourist trade. Support services: hospitals, fire, police, would suffer from lack of staff and close. It is perceived that Boulder City would not be much affected from marauding people from Las Vegas. After all the stored food and water in the casinos and stores was consumed people would leave the area for more temperate climates.

What about Australia? Would that be a good place to relocate to survive any upcoming cataclysms? What about New Zealand?

Australia and New Zealand are considered active seismic areas and would not be good places to relocate in a scenario that included volcanic and Earthquake activity.

Would Norway be a safer alternative?

The people of Norway have a rich survival history to fall back on, having survived wars and famines, relying on the sea and the land, having the knowledge to preserve and store food, the northern climes would have a better chance of survival and would be a safer alternative. But would the people of Norway set up immigration laws to prevent an influx of people? They might not be happy about an invasion of desperate people.

Would Switzerland be stable geologically and be a good place to survive?

Under the direst of consequences, Switzerland would also be decimated but, perhaps, not as severely as some countries. Switzerland has a history of independent living and could recover quicker than other countries.

What about San Francisco and the west coast of America?

Any scenario seismic in nature would affect those areas although during a lesser catastrophe people would flock to the west coast to begin over.

Business Venues

What happens to communications during December 2012 to the Internet, telephone and other means of communication?

It is perceived that any interruptions to the Internet will be Human-caused rather than through any natural catastrophe. It is perceived that there are security plans that could take advantage of the 2012 scenario, using it as a cover for other underground plans. It is perceived that communications will continue during December 2012.

If we are proposing to have an Internet presence and rely on banks for the transfer of funds how will the events of December 2012 affect our efforts?

Unless there are security-based plans that disrupt telecommunications, it is perceived that such electronic means will continue to work. However, it is perceived that telecommunications will have ramped down a great deal and rules and regulations for having and running an internet service will be greatly increased. The days of individuals setting up their own websites and commercial systems will eventually be subsumed under programs that only allow licensed operators to manage such sites. There will be the opportunity to have an Internet presence and interbank transfers will still happen but under stricter rules and control.

Disruptions to Government from 2012

Will 2012 be disruptive to government security and management?

Under the direst of cataclysmic scenarios: reversal of the poles, huge solar flares, collision with a Near Earth Object, rising floods, Human life will be severely reduced. Therefore, the role of governments, security and management would also be severely curtailed. It does not take much to reduce the efficiency of the government: imagine ten Hurricane Katrina's

occurring at the same time across the United States. In this economic climate, government: federal, state, county and local are pleading poverty and cutting services. Under such a scenario as 2012, this might cause the collapse of many government programs. However, catastrophes of this nature during December 2012 are not perceived.

Will 2012 affect the means of exchange, the economy and how?

Currently, in our reduced economy, there are many ways for people to exist without having to resort to money exchange: For example, many local towns across the Americas and in Europe have trading email sites. If an individual has something that they no longer need they put it on the list, and someone is bound to need it. When you need something, you look at the list and see if someone is offering it or put a request out on the list. These lists can save a family thousands of dollars in clothing, electronics and household items.

I perceive a time when more bartering than buying will take place until the economy recovers. If the Internet were to go down, for whatever reason, local folks would soon institute a program locally. Many communities even barter foodstuffs grown in their gardens and fields for items that they need and cannot afford. Early American communities, particularly in rural areas, had similar barter programs. Such would be the exchange in a world buffeted by the types of scenarios proposed for 2012. There would be less sharing but more bartering.

How will 2012 affect exchanges between countries?

It is perceived that there would be more cooperation and sharing between countries as they might be swept along in similar catastrophes.

How can we preserve money and pay for things such as the Internet, researchers, writers?

Under the best-case scenario nothing would change money would continue to be generated, banked and paid out although under more stringent Internet and banking rules. Under the most severe of scenarios, it would not matter as there would be few people left. Under lesser catastrophes, people would adapt and adopt ways to either donate services

such as research and writing or work on a barter system. Those with practical skills: doctors, nurses, emergency personnel would have the best chance at bartering services for living arrangements and food. Under greater catastrophic circumstances, where people were at survival mode: researchers and writers would have to resort to more practical skills to survive.

What happens if control groups change or leave, will there be social and civil disruption?

People, in general, are cooperative and under catastrophe scenarios, such as war-time Britain, will cooperate and create mini, caring communities. There are always leaders willing to step up and a natural propensity to be led. Many people like to know that someone is in charge and taking responsibility, even if they do not like or agree with the person in charge. There would be temporary civil disturbances until natural leaders emerge and restore order.

Will underground facilities be destroyed during such cataclysmic events?

Depending again on the catastrophe scenario: under the severest of scenarios all above ground and underground facilities would suffer damage, some becoming unlivable. It is perceived that many, designed to survive nuclear and seismic events, with self-contained survival arrangements, would remain undamaged.

Coping

How do we cope under such circumstances and how can we help prospective clients and others survive?

In a severe catastrophe people will not care whether they are eating organic foods or taking in the required supplements, they will be surviving on what they can scavenge with the hope that things will improve. Trying to advocate a healthy lifestyle would be pointless unless the means to acquire food and water were available.

The best ways to help people cope would be to investigate non-electric ways to cook and store food and sanitize water. I had a good friend in Princeton, the Countess Stella Andrassy, who has since passed away in her 90s. She was a private researcher and developed solar ovens, solar stills to sanitize water and bathroom waste and even used solar to heat her swimming pool. The use of regular solar cells would be difficult under a catastrophe situation but advocating the use of solar devices: flashlights, solar battery chargers, water purifiers, and solar ovens, for example, would create an atmosphere where people could cope without needed services.

How would we find the necessary financial means to survive and help others?

You do not always need money to survive and help others, although it helps. Information and practical skills will be called for more than money in extreme catastrophic events. There must always be hope, without hope, people will not survive. For example, when I moved to Boulder City in 2002 after my divorce, I had few resources and there were days on end when I had day-old bread from the Senior Center and water from the tap. If I had those, I knew I could survive – and I did. Where there is hope, there is a future!

Natural Lifestyle

How, why and where could we live a simple, natural lifestyle?

Such places are becoming increasingly rare. We live in a sea of electromagnetic and chemical pollution and wonder why we do not always have optimal health. We can boost our immune system to remain healthy but, I perceive that it is going to get harder to do this as our environment deteriorates. Our best option for a simple, natural lifestyle is to create one ourselves. However, there needs to be a balance between totally natural and simple and the necessary technology needed to live in the modern world.

How could we survive the cataclysms in a healthy way?

If a cataclysmic event occurs and there is a chance of surviving it, the best way is to join with others of like-mind and create a community that supports and nourishes the individual. Ultimately, such communities fail but such a community could sustain a group of people through the worst of such a catastrophe.

Where could we live in a protected environment, eat well, and be warm?

Ultimately, this would be in a society to which we have become accustomed. Trying to adapt to a new environment and living situation during a catastrophe is not easy. Where we usually are, there are family, friends, colleagues and support services. Friends, family and colleagues react better to sharing than strangers.

Would all shelter be destroyed by the proposed Earth changes?

Under the severest of catastrophes, yes, all shelter would be destroyed as would most of the people. However, under lesser catastrophes, shelter could be rebuilt or reinforced.

What about desperate people invading any safe place we found?

This would be a constant threat unless the safe place was in an area that was being drained of people, like Vegas would be after a catastrophe. Those that stayed could help build a new community. People forget that Vegas is only 100 years old: they like to think of it as established and solid. Most of the casinos are built of wood and plaster and foam decorations: there is the appearance of wealth – Caesar's Palace, the Venetian, the Eifel Tower - but they are cheap imitations. In a major catastrophe they would deteriorate, and the allure of Vegas would be gone. Once that happened the casino owners would abandon their buildings. Hotels would be looted for food, furnishings, bedding and other household items. In a severe catastrophe money and gaming machines would be ignored. With no electricity, entrances to food stores, banks, and malls with electronic doors, would be difficult and the services of strongmen to manually open these buildings would be needed. There would be a whole new set of difficulties for people to overcome.

How would all of this affect our mission – Living Healthily?

It would mean more than ever but more difficult to implement. In a major catastrophe, fresh food and water would be scarce and the means to distribute information perhaps non-existent. Our mission would be best implemented by personally attempting to live well despite the hardships, to keep hope and to pass on information. When I went to secondary school, it was not an academic school and we were taught to sew, darn, patch, turn a sheet, embroider, smock and make clothes on a treadle sewing machine.

In domestic science we were taught to bake, fry, boil, steam, make jams and jellies, bake bread, make preserves and pickles, make pastries, and whole meals for families, as well as how to wash, starch, dry and air clothes properly and iron. We were being trained as “good housewives” or housemaids. I have never regretted this early non-academic education and it has helped me throughout my life. Young people do not have this basic background and often leave home not knowing how to take care of themselves, let alone live healthily. Our hope lies in the next generation of young people who would be hit hard in any catastrophe. Perhaps, an effort to teach children at the secondary school level how to care for themselves and others would be a big step towards helping a community live healthily.

How could we complete our mission, would it ever be finished?

No, the mission would never be finished as new ideas, discoveries and inventions would come along that would need to be incorporated into what we already know and practice. The mission would not be completed in our lifetimes and would need younger people to carry on the ideals that were generated during the early days of the mission.

Asking Others

What do other spiritual authorities such as Abraham have to say about all this? Have there been other similar cycles and how have they affected the Earth? How long did it take the Earth to recover?

Abraham: Nothing more to say, he has said it all, he says!

How would such changes affect the 7 billion people on the planet? As there are an estimated 1 to 5% ETs or hybrids also living with us, would this affect them too? Would the Rapture be such people leaving? How does this tie in with the Biblical predictions?

A catastrophe would affect all people, including ET races, that is why the ET races would not allow a major Earth-destroying scenario to occur. Regarding the Rapture: this is not an event that will occur in one moment: it is an ongoing event that has already begun.

What about the Record Keepers? In the past they have been able to give us some predictions. For example, the Record Keepers partially predicted the current economic downturn over two years ago?

In February 2006, the Record Keeper was asked the following question. *“Regarding the time period 2010-2012 will the Earth undergo significant change or trauma? How will the world change?”*

The Record Keeper responded: “This period is Human made. It is not recognized in the larger world. Such time is limited to Humans and is not rational. Humans are just one of many races inhabiting the Earth and none goes by this sequence of time. However, if enough Humans have the intention for such events to happen and thus make their wishes known to the Elementals such events can be made to happen. This would be unfortunate. Do not ask for such things to happen as the events affect all races, not just Humans. We would not give information for such events to be accomplished.”

It seems, according to the Gatekeeper, that major events are either hidden or not predicted and the Gatekeeper warns that placing great intention of such events could bring them about.

Maintaining Humankind.

How can we preserve knowledge over the coming years past any cataclysmic events?

There does not seem to be any reason to believe that we cannot keep doing what we are doing and preserve knowledge in the same manner as we have been doing. Passing information on to children, especially the Indigo Children would be helpful.

What about space exploration and leaving our planet? Would this be a viable option?

While exciting and interesting it would not be needed for 2012. Where would we go to mess up another planet?

How did people in the ancient past survive, such as the Anasazi (The Ancient Ones)?

The Anasazi, as can be deduced by archeologists and historians, lived very well within their environment. They were nomadic and followed the water and the game. They had camp sites at many different locations such as summer and winter camps. They were not overly burdened with stresses and created art and pottery as wanted or needed. Some think that the Anasazi (the Ancient Ones) died out but it is perceived that they were integrated into other tribes.

Human technology might be helpful in protecting Humankind such as HARP or would these installations also be destroyed during such cataclysms. During a severe cataclysm, yes, these installations would be destroyed. However, a major cataclysm is not perceived for 2012.

Where is hope in all of this?

There is always hope. Of course, our natural concern is for our family, friends and colleagues, our community, our country and the larger world to survive any catastrophe but this is not always the reality of any situation. Friends and family get sick and die, countries succumb to drought, famine, floods, riots and wars. Much of this we cannot prevent. However severe the catastrophe, there will always be pockets of Humanity that survive and carry on. Whether those isolated communities are deep in the Amazon jungle or in the Peruvian highlands, there will probably never be an outright destruction of Humans.

Whether our industrial, technological culture will survive is another matter. Whether it will survive a severe Earth shift, or several major catastrophes is not guaranteed. As we become more reliant on technical means of communication and entertainment, the more likely it is that these devices and their means of distribution will be affected by any severe catastrophe. Even a minor electrical storm in the US knocks out TV, radio, and telephone systems. As mentioned in an earlier question our best bet for survival are solar and wind devices that would allow societies to carry on living and communicating. Our circle of communication may shrink from global and national to local but by remaining adaptable, there will always be hope.

A good “rule of thumb” is to assess group consciousness and resulting activity. For example, is there a decline in planning for the future such as the 2012 Olympics in England? For example, before any large storm or Earthquake, both domestic and wild animals sense the impending event and change their behavior. It is perceived that people do the same thing. There has been research that has found that on the day of a major plane or train crashes, the number of people traveling as passengers is lower than on any other day. For some reason, some people listened to their “gut” and did not travel. The best way to predict catastrophic events is to observe trends in Human behavior.

Are less people traveling to certain areas, avoiding certain activities, building less structures, delaying projects or initiating other activities such as building self-sustaining communities?

Whether catastrophic events occur in the next year or two, we can be guaranteed that life in North America is changing and we cannot expect it to continue as it has. To maintain the best strategies for going forward through any potential catastrophic events is to remain open, adaptable and forward thinking.

As can be seen from earlier questions, the beginning of the Mayan calendar, which would have ended a previous 5,000+ era, saw wonderful things happening in the world and the growth and development of Humans. Hopefully, the end of the current Mayan Calendar, if it occurs in 2012, will usher in similar positive changes.

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Life Extension and Longevity

2019 Notes: In October 2007, the client requested a series of RV/research projects, up to ten separate projects, examining how individuals and society could extend the human life span beyond its current range, if this was accomplished in the past by other societies, and what do we need to do to achieve this. Is the current lifespan inherent with our living on Earth?

This was another personal interest of the client's and completing this project helped not only the client lead a simpler, healthier life, but also inspired me to follow a healthier lifestyle. The following outlined our initial plan of research. As can be seen, the project was widespread and consisted of a combination of computer and metaphysical research:

Strategic Life Extension Project.
October 28th, 2007.

In the first project the prediction of Edgar Cayce, that a group known as the Atlanteans lived to be 150 and 200 years old, will be examined.

Another project will look at other historic times and cultures to assess if there were long-lived groups and how was this achieved?

A further series of projects will counsel with other non-Human groups; such as the Record Keepers, Scholars, Nordics, Angels, Earth-based non-Human races, Hybrids and others to assess what they know about longevity and life-extension here on Earth.

In a further project, the client has noted the research which found that rats who are on a 50% diet of their normal rations appear to live longer. How does this work and, indeed, does it work?

Later, modern long-lived Earth races such as the Hunza, people from Georgia, Villacamba in Peru and Amba of Africa will be examined to see if there are correlating factors that contribute to their longevity.

In a next to last project, the client would like to know which countries and scientists are studying longevity issues such as researchers in China, Japan, the Scandinavian countries. What are they finding, and can we apply those findings to our own life expectancy?

Finally, the Internet will be searched regarding general topics and studies relating to life extension and longevity. It was suggested that general insurance companies such as Metropolitan Life collect statistics on life expectancy trends.

2019 Notes: Following this very general introduction, the client commissioned a series of sessions that are too extensive to include here. However, one session is added below to show the range of research plus intuitive comments.

For a complete review of all the factors from this project, a FREE Excel database is available from mindwiseconsulting@gmail.com

Longevity 8 - Psychological and Spiritual Aspects.
November 26th, 2007.

Introduction.

The client has asked for a series of RV/research projects examining how individuals and society can extend the human life span beyond its current range. This project looks at the psychological and spiritual aspects of longevity, life expectancy, and other factors, which did not fit the previous projects.

The History of Longevity.

Before concluding the Psychological and Spiritual factors that might affect longevity, it might be useful to look at the overall history of longevity in Humans.

2019 Notes: The following is taken from various online sources on longevity throughout history. Unfortunately, the online links are no longer

available (ranging from 1990s through the early 2000s). However, the extracted information is recorded below:

“Average life expectancy before the health transition of the modern era is thought to have varied between about 20 years and 35 years. It is important to note that most people who quote pre-modern life expectancies do so while calculating infant mortality into the mix. Also, the life expectancy for women was lower throughout history than it was for men; because, until modern medicine, one in four women died in childbirth. If you survived childhood, you could expect to live into your old age in any time throughout history. It has been suggested that life expectancy fell with the introduction of plant and animal domestication.”

And:

“Advances in sanitation, nutrition, and medical knowledge made possible incredible changes in life expectancy in the United States and throughout the world, providing subjects for study as well as the need to study them. In the United States, only 50 percent of children born in 1900 could reasonably hope to reach the age of 50; life expectancy today is approximately 77 years of age. But note that there is a big discrepancy between males and females, 73.6 years for men and 79.4 years for women. Life expectancy is lower for African Americans; 67.2 years for men and 74.7 years for women (Hoyert, Kochanek, and Murphy, 1999).”

“Life expectancy recovered somewhat, but it is only in recent centuries that it has dramatically increased. These changes are the result of a combination of factors including nutrition and public health, and medicine only marginally. The most important single factor in the increase is the reduction of death in infancy.”

“The greatest improvements have been in the richest parts of the world. Life expectancy increased dramatically in the 20th century. Life expectancy at birth in the [United States](#) in [1900](#) was 47 years. Life expectancy in [India](#) at mid-century was around 32, by 2000 it had risen to 64 years. According to a 2006 WHO Report, due to [HIV/AIDS](#) and other health related issues today's life expectancy in poorer nations is almost half that of the industrialized, richer nations.”

“Calculating life expectancy from birth emphasizes contributions to improvement in health at lower ages; low pre-modern life expectancy is influenced by high infant and childhood mortality. If a person did make it to the age of forty, they had an average of another twenty years to live. Improvements in sanitation, public health, and nutrition have mainly increased the numbers of people living beyond childhood, with less effect on overall average lifetimes.”

“The major exception to this general pattern of improvement has been in countries most affected by [AIDS](#), especially [Sub-Saharan Africa](#), which have seen significant decrements in life expectancy. Another exception is [Russia](#) and some other [former USSR](#) republics after the collapse of the Soviet Union - in 1999 life expectancy of men dropped to 59.9 years (below the official retirement age), and the life expectancy of women dropped to 72.43 years. The commonly offered hypothesis for this decrease is not related to AIDS/HIV but rather to an increase in alcohol and [drug abuse](#).”

“In recent years, obesity-related diseases have become a major public health issue in many countries. The prevalence of obesity is thought to have reduced life expectancy by contributing to the rise of cancers, heart disease and diabetes in the developed world. However, recent studies in the developed world have found; "that people who are modestly overweight have a lower risk of death than those of normal weight." It remains to be determined whether this epidemic will have negative effect on the life expectancy of developed countries. Most continue to have improved life expectancies.”

“Throughout human history most increases in life expectancy arose from preventing early deaths. However, some people believe this trend will not continue, as medical advancements aimed at better monitoring day-to-day, medically-significant test values, and simple intervention such as blood pressure and clotting level control, will prevent many sudden deaths or strokes. Some people predict that half of the North American and Japanese babies born since 2000 will live to 90, and 10% to 100.”

Psychological Factors and Longevity

Expectation of Long Life

The quest to live a long life is not a modern concept or finding. Throughout history records have been kept of people who have lived to extraordinary ages. According to the Dictionary of Phase and Fable compiled by E. Cobham Brewer, the following were long lived Europeans during the past several hundred years.

“The oldest man of modern times was Thomas Carn, if we may rely on the parish register of St. Leonard's, Shoreditch, where it is recorded that he died in the reign of Queen Elizabeth, aged 207. He was born in 1381, in the reign of Richard II, lived in the reigns of ten sovereigns, and died in 1588. Old Jenkins was only 160 when he died and remembered going (when he was a boy of twelve) with a load of arrows, to be used in the battle of Flodden Field. Parr died at the age of 152. William Wakley (according to the register of St. Andrew's church, Shifnal, Salop) was at least 124 when he died. He was baptized at Idsal 1590, and buried at Adbaston, November 28, 1714, and he lived in the reigns of eight sovereigns. Mary Yates, of Lizard Common, Shifnal, married her third husband at the age of 92, and died in 1776, at the age of 127.”

Who are the oldest modern living people? An article in the Senior Journal, September 2005, by editor Tucker Sutherland, states that: “Americans have generally not been noted for setting longevity records. The oldest people seem to usually be in Japan or a colder region, like Sweden or Norway. That appears to be changing with Americans now representing almost half of the 30 oldest people in the world and holding the top three positions in the rankings. Only two men are on the list - one American and one Puerto Rican.”

“There are actually 14 U.S. citizens in the top 30 list maintained by the Gerontology Research Group. The first three are U.S. women from the South - Elizabeth "Lissie" Bolden, 115, Tennessee, Bettie Wilson, 114, Mississippi, and Susie Gibson, 114, Mississippi. In fourth place is Emiliano Mercado del Toro, who is from Puerto Rico, an independent territory of the U.S. He is also the oldest living man and oldest U.S. army veteran. Right behind him is another North American woman, Julie Winnefred Bertran of Canada. The only other man in the top 30 is an American, Moses Hardy, 112, of Mississippi. His rank is number 12. ‘Lizzie’ Bolden was 115 years

and 14 days old, when she officially became the oldest living person and woman in the world on Aug. 30, 2005, according to an announcement by the Guinness World Records. The previous titleholder, Hendrikje Van Andel-Schipper of the Netherlands, died in her sleep at 2 a.m. that day. She was 115 years and 62 days old.”

“Although the U.S. does hold 14 of the top slots - 15 if we count del Toro - Japan is still notable with six of the top 30 spots. So, 20 of the 30 oldest people in the world are from the U.S. and Japan. The Supercentenarian list - anyone who has lived to be 110 years or older - by the Gerontology Research Group, on Sept. 8, 2005, recognized 69 Validated Living Supercentenarians - 63 Women and 6 Men. The all-time high, earlier this year, was 71.

The U.S. Census Bureau released estimates for July 1, 2004 showing the number of Americans 85 and older has increased by 14.6 percent since the 2000 census. All persons 65 and older increased by only 3.72% and the total population grew by 4.35 percent. The Centers for Disease Control and Prevention (CDC) also released a report in March - “Deaths: Preliminary Data for 2003” - showing life expectancy in the U.S. had reached 77.6 years in 2003, up from 77.3 in 2002.”

Belief, Expectation and Longevity

Generally, research has found that there is a higher correlation of parental age at death with individual longevity. That is, in the past, people generally died around the same decade of life as their parents. Therefore, most people did not have an expectation that they could live longer than their parents. Can changing one’s expectations and expecting to live a long life be a factor in living a longer and healthy life?

In the summer of 2007, Dr. Hugo Ben’tez-Silva of SUNY Stony Brook University and Huan Ni of Kennesaw State University published a paper entitled Health Status and Health Dynamics in an Empirical Model of Expected Longevity in which they wrote that:

“Expected longevity is an important factor influencing older individual's decisions such as consumption, savings, purchase of life insurance and annuities, claiming of Social Security benefits and labor

supply.” They found that “Expected longevity was also shown to be a good predictor of actual longevity, which in turn is highly correlated with health status.”

Related to expectation is the concept of belief and its impact on longevity. For example, in an article written for Science News, November 1993, Bruce Bower writes that:

“An analysis of recorded deaths in California suggests that deeply held beliefs and attitudes strongly influence the survival times of people who develop most major illnesses, including heart disease, cancer, and emphysema.” He quotes the work of Dr. David P. Phillips, sociologist at the University of California, San Diego: “On the basis of our data, it's hard to imagine that psychosocial and psychosomatic processes don't significantly affect longevity for many life-threatening diseases.”

Bower writes how “Phillips and his co-workers took advantage of disease-related beliefs in traditional Chinese communities for their study. Long-standing Asian medical and astrological teaching holds that combinations of birth years and specific diseases prove “ill-fated.”

“Overall,” the researchers found, “Chinese; but not Caucasians, die markedly earlier if they possess an ill-fated pairing of disease and birth year”, Phillips' group reports in the LANCET. On average, Chinese with astrologically undesirable illnesses died 4.9 years sooner than Chinese suffering from the same diseases in the absence of an ill-fated birth year. The new data coincide with evidence, also collected by Phillips, that death rates rise temporarily just before or after meaningful annual events, such as birthdays or religious holidays.”

Another study by Psychiatrist, David Spiegel at Stanford University School of Medicine showed that Phillips' studies show that; “The course of disease is importantly influenced by your expectations.” Spiegel found that breast cancer patients live longer when they attend regular support group meetings. So, having an expectation of a long life and a belief that you will live longer may extend the usual life span, according to these studies.

Social Support

Another unrelated article by Bruce Bower writes “Giving Aid, Staying Alive: Elderly helpers have longevity advantage.” It has been found, he says, that, “Over a 5-year period, seniors who provided either a lot of practical assistance to friends, relatives, and neighbors or regular emotional support to their spouses displayed a higher survival rate than those who didn't provide such help.”



“In contrast, recipients of plentiful social support showed death rates similar to those of their peers who got little or no such support,” says psychologist Stephanie L. Brown of the University of Michigan in Ann Arbor and her colleagues. “Nearly all previous attempts to link social contacts and physical health have focused only on whether individuals receive support from others. Results have been mixed.”

“Giving support may be an important component of interpersonal relationships that has considerable value to health and well-being,” Brown's group concludes in the journal *Psychological Science*:

“Statistical analyses of various subgroups revealed a lower death rate, by as much as half, for participants who reported in initial surveys that they had been providing either of two types of social support. One type involved helping people other than one's spouse with errands, housework, childcare, or other daily tasks.

The other centered on listening to one's spouse when he or she needed to talk and making that person feel loved and cared for. The survival advantage for support givers remained when the researchers statistically controlled for individual differences in age, physical health, satisfaction with health, exercise, cigarette and alcohol use, mental health, and income. The findings also held after controlling for differences in extroversion, agreeableness, feeling vulnerable to stress, and other personality measures.”

Spiritual Factors and Longevity

Is there a connection between having spiritual values and longevity? The following research is quoted by writer Lambert Greer to apply to conventional religious practices and attendance (but I believe that it can be equally applied to other practices such as meditation groups and private spiritual practice). In his article “Spirituality and Longevity” Greer writes that: “A recent Mayo Clinic Health Letter suggested that one of the best

ways to improve your chances to live longer is to recognize the value of spirituality in your life. ‘Nurture your spirit no matter what you call your source of inspiration’ advised the Mayo Clinic Health Letter.”

He continues to relate how “Duke University studied 4,000 people for four years and found that those who attended church weekly had a 28% lower mortality rate overall when compared to those who didn’t belong to a church community. The researchers also considered income, education, chronic diseases, other illnesses, health habits, exercise, smoking, drinking, body fat, social participation and psychological status. None of these factors explained the results. Church attendance was still an independent predictor and the strongest predictor of longevity.”

“Other research” adds Greer, shows that “those who are regularly involved in religious and spiritual activities statistically live longer than those who are not. Various theories have been put forth to explain this spiritual dimension to longevity. Physical explanations include people who are involved in religious groups benefit from the social networks they form. If they get sick, others look out for them. Religious beliefs may also lead to less risky behavior. In addition, a well-developed sense of spirituality may help people better cope with life’s tough psychological demands.”

Greer cites a study conducted by Duke University of 1,700 older Americans, at Duke University Medical Center, which found that “those who attend religious services had stronger immune responses. About 60% of the men and women surveyed attended religious services at least once a week. Blood tests showed that regular attendees were less likely to have a high level of an immune system protein involved in age-related diseases. This study suggests a direct positive effect. Physical explanations do not account for these findings.”

The Roles of Religion and Medicine in Longevity

The following notes on stress, health and longevity are excerpted from David G. Myers 2007 book; *‘Psychology’* (8th edition). He writes that:

“As humans suffered ills and sought healing throughout history, two healing traditions—religion and medicine—have joined hands in caring for them. Often those hands belonged to the same person—the spiritual leader was also the healer. Maimonides was a twelfth-century rabbi and a

renowned physician. Hospitals, which were first established in monasteries and then spread by missionaries, often carry the names of saints or faith communities. As medical science matured, healing and religion diverged. Rather than asking God to spare their children from smallpox, people were able to vaccinate them. Rather than seeking a spiritual healer when burning with bacterial fever, they were able to use antibiotics.”

“Recently, however, religion and healing are converging once again: Of America's 135 medical schools, 101 offered spirituality and health courses in 2005, up from 5 in 1992. In addition, since 1995, Harvard Medical School has annually attracted 1000 to 2000 health professionals to its Spirituality and Healing in Medicine conferences. Duke University has established a Center for Spirituality, Theology, and Health.

A Yankelovich survey (1997) found 94 percent of U.S. HMO professionals and 99 percent of family physicians agreeing that “personal prayer, meditation, or other spiritual and religious practices” can enhance medical treatment.”

Myers asks: “Is there fire underneath all this smoke? More than a thousand studies have sought to correlate the “faith factor” with health and healing. For example, Jeremy Kark and his colleagues (1996) compared the death rates for 3900 Israelis either in one of 11 religiously orthodox or in one of 11 matched, nonreligious collective settlements (kibbutz communities). The researchers reported that over a 16-year period, “belonging to a religious collective was associated with a strong protective effect” not explained by age or economic differences. In every age group, religious community members were about half as likely to have died as were their nonreligious counterparts. This is roughly comparable to the gender difference in mortality.”

The Skeptics

In response to the previous findings, Richard Sloan and his skeptical colleagues (1999, 2000, 2002, 2005) “remind us that mere correlations can leave many factors uncontrolled. Consider one obvious possibility: Women are more religiously active than men, and women outlive men. Myers counters by saying that “perhaps religious involvement is merely an expression of the gender effect on longevity. However, several new studies find the religiosity-longevity correlation among men alone, and even more

strongly among women (McCullough & others, 2000, 2005). One study that followed 5286 Californians over 28 years found that, after controlling for age, gender, ethnicity, and education, frequent religious attendees were 36 percent less likely to have died in any.”

“Epidemiologist William Strawbridge and his co-workers (1997, 1999: Oman & others, 2002) followed 5286 Alameda, California, adults over 28 years. After adjusting for age and education, the researchers found that not smoking, regular exercise, and religious attendance all predicted a lowered risk of death in any given year. Women attending weekly religious services, for example, were only 54 percent as likely to die in a typical study year as were non-attendees.”

Meyers adds that “a U.S. National Health Interview Survey (Hummer & others, 1999) followed 21,204 people over 8 years. After controlling for age, sex, race, and region, researchers found that non-attendees were 1.87 times more likely to have died than were those attending more than weekly. This translated into a life expectancy at age 10 of 83 years for frequent attendees and 75 years for infrequent attendees.” In a national health survey, 1999, financed by the U.S. Centers for Disease Control and Prevention, religiously active people had longer life expectancies.”

Spiritual Practice, Health and Longevity

How is it that people carrying out some form of spiritual practice are living longer? Myers states that correlated findings indicate that “as a predictor of health and longevity, religious involvement rivals nonsmoking and exercise effects.” Such findings demand explanation,” he adds. He cites the following research as evidence for these statements:

“First, religiously active people have healthier life-styles; for example, they smoke and drink less (Lyons, 2002; Strawbridge & others, 2001). Health-oriented, vegetarian Seventh Day Adventists have a longer-than-usual life expectancy (Berkel & de Waard, 1983). Religiously orthodox Israelis eat less fat than do their nonreligious compatriots. But such differences are not great enough to explain the dramatically reduced mortality in the religious kibbutzim, argued the Israeli researchers. In the recent American studies, too, about 75 percent of the longevity difference

remains after controlling for unhealthy behaviors such as inactivity and smoking (Musick & others, 1999)."

"Social support is another variable that helps explain the faith factor (George & others, 2002). For Judaism, Christianity, and Islam, faith is not solo spirituality but a communal experience that helps satisfy the need to belong. The more than 350,000 faith communities in North America and the millions more elsewhere provide support networks for their active participants—people who are there for one another when misfortune strikes. Moreover, religion encourages another predictor of health and longevity—marriage. In the religious kibbutzim, for example, divorce has been almost nonexistent."

"But even after controlling for gender, unhealthy behaviors, social ties, and preexisting health problems, the mortality studies find much of the mortality reduction remaining (George & others, 2000; Powell & others, 2003). Researchers therefore speculate that a third set of intervening variables is the stress protection and enhanced well-being associated with a coherent worldview, a sense of hope for the long-term future, feelings of ultimate acceptance, and the relaxed meditation of prayer or Sabbath observance. Myers concludes that "these variables might also help to explain other recent findings among the religiously active, such as healthier immune functioning and fewer hospital admissions and, for AIDS patients, fewer stress hormones and longer survival (Ironson & others, 2002; Koenig & Larson, 1998; Lutgendorf & others, 2004)."

Alchemy

The client joins a long list of men and women, historical alchemists, who have sought the "Elixir of Life." I feel honored to be involved in his quest. Many cultures, including the Chinese, Egyptian, Arabian, and European had alchemists who all sought for that one element, the "Waters of Life" that could extend human life.

A compiler of the alchemists' history, A. Cockren, states an important fact, that: "The accounts of their lives (the alchemists) almost without exception lead us to believe that they were concerned with things spiritual rather than with things temporal. They were men inspired by a vision, a vision of man, made perfect, of man freed from disease and the limitations

of warring faculties both mental and physical, standing godlike in the realization of a power that even at this very moment of time lies hidden in the deeper strata of consciousness, a vision of man-made truly in the image and likeness of the One Divine Mind in its Perfection, Beauty, and Harmony.”

Duality

There is an important concept to consider in any discussion of longevity: that is the concept of duality. Prior to the turn of the last century, mind, body, and spirit were separate entities and able to exist quite independently of each other. With the adoption of the Behaviorist School of Psychology, all notions of consciousness, mind, and concepts of duality were dismissed. Only that which could be measured and documented was considered the true focus of science. The brain was considered a Black Box with only stimulus and response accounting for behavior. Science is now beginning to accept that the mind-body duality is not as clear-cut as once thought. Modern medicine has become so bound-up with the Monist belief, that mind/body/spirit are all one, that the concept of “something” existing past death is not studied by orthodox science.

Death is seen by science, medicine and a large proportion of the population as failure! Failure of the physical body, failure of society, failure of the medical profession and even a personal failure of the person who has died. We speak of someone “losing the fight with death” and the doctors not being able to “save” the person from death. Western science has conditioned us to forget that “death is a part of life”, as Morrie says in Tuesdays with Morrie. He also said that “Learning to die well, helps us to live well.” We forget that death is not the end of life but just another beginning, another great adventure. Much focus is put on extending physical life at the expense of forgetting about the bigger picture of a spiritual life continuing after death.



Later Business Projects

2019 Notes: From around 2005-2006, the client was seriously considering selling his NY company and many of the sessions at that time focused on this process. In addition, there were multiple projects carried out until 2012 that evaluated his regular business dealings, family and other financial ventures. The following did not involve my seeing any actual documents or attending any meetings: this was done via precognitive remote viewing.

During 2008: sessions were conducted that looked at financial projections; how key people in the client's company were reacting to the sale of the business; reviews of potential purchasers and banks interested in the client's company; virtual document reviews; sales projections; evaluations of any problems during the due diligence process; and pre-attending business meetings to assess any potential problems that might become apparent.

At the end of 2007 and during the beginning of 2008, remote viewers, including myself began having concerns about the economy and I voiced this concern to Jay. At first, he did not take the idea seriously but eventually he began to see signs that indicated a serious recession approaching. After multiple remote viewing sessions, he even used one of my terms in his financial postings and it made its way into the general media! He had asked how the economy would eventually recover and I said it would come back slowly at first, then like a tsunami!

The following is a session requested by the client regarding the economy during 2008. However, 2008 did not turn out to be as dire as the perceived events, i.e. martial law, but lasted longer than predicted.

Session One.

Focus on Autumn 2008 - US Events.

January 25th, 2008.

Introduction

With the coming of a New Year several people, including myself, have experienced disquiet about the coming fall concerning events that might be detrimental to the United States mainland. Included in this report is an annual projection for 2008 by ATS by month for the US.

ATS: Annual Projection 2008

January: A relatively safe month with ongoing actions to protect the country in place. A lack of perception and forward thinking by authorities is still prevalent. The month ends with airlines announcing major cuts and major losses of revenues and lack of growth.

February: A coalition of merger of political parties is proposed leading to a breakthrough in US politics. There is a never-before seen cooperation and discussion between opposing parties. Whether this is done as a political ploy or is this is a genuine action on both sides will be seen when talk is put into action. This proposal is not put into action at this time.

March: There is talk again of all parties coming together in a coalition or merger, but this is resisted by the Republicans citing the ongoing war effort and the need to see through things to the end of the year. Instead, communication between the parties is encouraged by the current administration. There is a general countrywide state of waiting to see what will happen. A feeling of foreboding is felt nationally.

April: A difficult month when all talk of cooperation is swept aside for personal agendas and issues. There is a huge drop again in the economy and blame is placed on both political parties: The Republicans for instigating new financial rulings and the Democrats for not opposing them strongly enough. The financial incentives to the public, earlier in the year, are buried in demands and taxes that override any benefit from the incentives. When the incentives were proposed to the public, this gave the Administration free reign to write a bill in which these extra taxes and demands are

included. As the incentives had already been announced, the bill had to be passed along with the detrimental portions.

May: Further opportunities are offered the public to offset the news about the remainder of the incentives bill, but this is too late for most people who have already followed the path to previous incentives. These new incentives are not offered to individuals who have already filed taxes, which include most of the US. They are told they can include these incentives in next year's application for the incentives, but this is not acceptable to most people.

June: House sales drop precipitously, and costs of structures also drop. Buyers are encouraged to purchase while costs are down, but most homeowners prefer to wait out the recession and not sell. There is a standstill in the economy.

July: As a last-ditch effort, the Administration decides to release funds that it has held in secret for the war effort and announces that these are available by application. But this windfall turns to disappointment when people realize that the funds would be issued in the form of loans with high interest. There are other ties including annual reporting on the use of the money and rulings that it can only be used within the US. There is a general outcry, and this is seen as just another insult of the people by government.

August: There is talk of a general strike to protest the government's actions and indifference to the public. Many groups take it upon themselves to strike ahead of anything organized. Strikes are normal in Europe but have not been seen in the US for decades. More and more people see this as an expression of their anger and disappointment. Unfortunately, government is, as usual, insulated against the public's actions, and the strikes only hurt those who get in the way. There is widespread police and military reaction against the strikers. Anger escalates.

September: Facilitators and mediators' step in to try and alleviate some of the pressure from the striking factions, and for a time, there is a quieting down of the stress and chaos. However, towards the end of the month chaos erupts once more with increased strike activity. Strikes, previously localized in New York, Detroit, Chicago, and LA now progress to smaller cities and

towns. Several major figureheads: such as black civic leaders, actors, and sports personalities are recruited to produce public information ads that are played to the public, not only on TV but in supermarkets, cinemas, and public meeting places. The churches are enrolled into “peace-keeping” programs. However, these efforts have little effect.

October: Something akin to martial law is imposed on the public. Cities close businesses, factories and shops at 5 p.m.: nothing is open in the evening or at night. The streets are deserted as curfews are imposed. The days of the all-night store and diner are over. Strikes are basically banned, and the few remaining strikers are arrested and jailed. All this does is to push the anger and resentment underground. There is talk of a general boycott of the General Election voting process.

November: The public remains restricted and confined. Travel and communication are limited as transportation and media become ineffective as new rulings are imposed. There is basically a state of Martial Law. There is fear of a new Civil War erupting. There is a minor concession made to the holidays with people encouraged to go out and purchase items for the holidays. It is doubtful whether the General Election will be held or whether it will be delayed.

December: Finally, the Administration comes to an understanding with Congress and a change of Administration is undertaken consisting of a temporary, joint ruling by all parties. This is planned to be in effect until the New Year, when the situation will be re-evaluated. The public is instructed to “enjoy the holidays”

Sale of the Client's Business

2019 Notes: In July 2007, when it was becoming apparent that the US economy was in some jeopardy, Jay proposed a project that examined the logistics of selling his company. The question of the sale had been around for some time; this project examined some of the major concerns that the client held and how they might be ameliorated.

It was a great honor to be asked for input on these major decisions for a multi-million-dollar company. In addition, by this time, I had become a

confidante for Jay. He would call and talk about his concerns, not really expecting any response, just a ready ear. He was assured of confidentiality and that I did not share any knowledge of his business outside of our working relationship. He eventually gave permission for generic projects, such as this, to be shared.

Sale of Client's Business.
July 30th, 2007.

Introduction

This project concerns the client's continued quest to sell his company. With the predicted downturn in the US economy over the next 10 years, what is the client's best strategy for such a sale? The debt market has sustained the US economy in the past, but this has become speculative and is unraveling. Companies may become unwilling to lend, raising rates. The country, according to the client, is fueled by debt but as this diminishes the economy may slow down and go into a recession.

The client's company is effective and productive at present and everybody is a winner: the company, clients, and customers. However, the client is increasingly becoming aware of incompetence. He recently went through an epiphany and, because of this, has become a better and more competent CEO. However, he sees the economy deteriorating which could affect stock market levels. The decline may make the future uncertain. In the mutual fund industry, a cessation of cash flow would mean less money to manage. With a perceived decline in the economy and a potential business turn-down, how best can he manage the sale of his business? What is his best option? Should he sell by the end of this year or should he not rush the sale?

The client believes that within the next 5 years the US economy will have serious problems. He also believes that within the next 5 years the mutual fund industry could become a shadow of its former self with two-thirds of the companies exiting the field. He considers himself to be in the field of competitive intelligence, but this business will diminish as funds decline. His company has a lot of good will and good relationships with similar companies. Should there be a general merger of such companies into

a larger group? Should there be a consolidation of companies; such as a confederation?

Questions:

1. He could be selling the company to a weakening economy. With the predicted downturn in the US economy over the next 10 years, what is the client's best strategy for such a sale?

It is perceived that the sale of the client's company can be achieved in a positive and timely fashion with a respectable financial return. It is perceived that the sale will be achieved quickly and without delays as there are groups actively looking for such opportunities to consolidate their standing in the mutual fund industry. This is not the time to stand on higher ground and denounce potential purchasers for using untested methods or failure to work within the accepted paradigms. It is not for the client to judge what will eventually be done with his company. He can be assured that whoever buys his company will carry out innovative and groundbreaking work with his staff, products and services. This will be a totally new beginning for his company. There will some initial but minor difficulties as the new purchaser implements his or their policies and procedures but overall the company will emerge stronger and more flexible to withstand the declining economy.

2. With a perceived decline in the economy and a potential business turn-down, how best can he manage the sale of his business? He believes in doing it right, not rushing things and doing it well. What is his best option? Should he sell by the end of this year or should he not rush the sale?

The perception, regarding the sale of the client's company, is that he will continue to experience continuing problems as the economy changes. The company will continue to experience growth and profit but at the expense of stress and frustration and longer work hours for everybody. The client will not have the free time that he currently enjoys experiencing and enjoy other ventures. He will find that as major changes and consolidation take place in the industry that he will have to re-evaluate and regroup, sometimes daily. Opportunities and contacts that are now open and

available to him will gradually shut down and be lost. He is advised to sell before the end of this year.

3. The client is in the mutual fund business, which he views as a trust for the 150 people that work with and for him. How can he get out of the business with benefit to everyone? How can he leave his company in good hands for the good of everybody?

The best option would be to sell the company as small packages or individual lots, even if the sale is to one individual or company. In this way he can individualize each sale and the conditions of sale. He is advised not to sell the company package but to break the company into individual lots for purchase. It is possible that a conglomerate of businesses individuals with differing interests would be more interested in purchasing the company between them and spreading out the outlay and responsibility.

4. His company has a lot of good will and good relationships with other mutual fund companies. Should there be a general merger of mutual fund companies into a larger group?

This is not perceived to be a good option because of differing motives and operating styles within the industry. Many of the existing mutual funds, as the client has already indicated, will fail but the remaining ones will find that there is enough business to remain in operation. Eventually, there would not be adequate similarity between the businesses to form a merger. Each of the larger groups will perform a specific function within the mutual fund industry. In addition, at this point, the government would view such a joining of the remaining companies as a monopoly and would forbid it. It is perceived that, at some point, there will be a bid by government to make the mutual fund industry part of a government group, but this will be fought by the remaining companies.

5. Should there be a consolidation of companies?

This would cause too many problems. It would be in the best interest for the remaining mutual trust companies to remain separate and

autonomous. Bringing them together into a confederation or a merger will make it much easier for the government to step in and take over the industry. If this happens, the mutual fund industry, as it is known today, will cease to be.

6. Personal to the client and not included.

7. The financial environment may deteriorate, possibly by September 1st. The client needs to look at all the options; both the positives and the negatives. What options should he be looking at and how can he best achieve these options?

There are three options that the client needs to be looking at:

1. The first of these is advertising. It is perceived that there are very few people outside of the client's immediate company and select colleagues who understand why he wants to sell his company. The client needs to "get the word out" within the mutual fund industry that he is serious about selling. Like many of his staff, the industry is not taking the client seriously. The longer he waits to sell, the less valued will be his offering. It is like a house being on the market for too long without being sold, the house is perceived as having too many problems. A similar perception could arise if his company is on the market for too long;
2. Another option for the client to consider is that, at present, potential purchasers do not realize how strong the client's company really is. This should be remedied by some "controlled gossip" within the industry to stimulate and generate interest in a potential sale of the business. Some will wonder why the client is selling at the height of his company's strength but others, sensing the potential decline in the economy, will understand. And:

3. As previously mentioned, he will have a quicker and more profitable sale if he splits up the company into lots of packages to be sold separately. In this way, he can either sell to several individual purchasers, who are interested in parts of his company, to a group which will share the cost of the purchase or to one purchaser who might purchase all the lots. It is perceived that even if individuals purchase parts of his company they could later be resold to larger purchasers.

8. The client is concerned about the increasing levels of incompetence from the top levels down in all areas of life, including his own quest for competency. How can he ensure competency at all levels within his control?

Incompetence is perceived to be due to several factors which are not always related to job skills or time restraints. Incompetence is often due to difficulties and resistance in relation to change and growth. As the client has related, and which will be covered in detail in a future project, change is a potential factor in how competent an individual is or is perceived to be. An individual or group that has difficulties in allowing for change can be perceived as incompetent. For example, innovator Joel Barker relates how the Swiss watch industry did not trust the digital revolution and failed to follow the trends in digital timepieces brought about by the Japanese and the Germans. In doing so the Swiss lagged, continuing to provide expensive watches for an elite market but failing to take advantage of the huge market for digital watches.

When the paradigm changes, it is necessary to change with it. The best way that the client must ensure competence is to first ensure that job skills and time restrictions are not the cause for incompetence. Then, he needs to educate his staff that change is expected and that he needs his staff to react and change accordingly.

There is a wonderful European children's story about a young boy who cannot adapt to change. He is sent to fetch ice but lingers on the way back and the ice melts. He is instructed to cover the ice with a blanket the next time he goes to fetch a delivery. The next errand that he is sent on is to fetch a live chicken but, remembering his instructions, he covers it with a blanket, and he smothers the chicken. He is then instructed to take a wicker cage the

next time he collects something live. However, the third time he is instructed to fetch bees from a local hive to replenish another hive. He puts the bees in a wicker cage, but the bees fly away and are lost. Etcetera... the same phenomena can be seen in the workplace where staff apply what they have last been taught to new situations even if it is inappropriate. There is a failure to think and learn.

9. Regarding the client's plan to work with a Mergers and Acquisitions company to plan for his company. How will this work out and how can they help his company?

It is perceived that this would be a very good option if the client had unlimited time to sell his company. They are perceived to provide the client with options and opportunities, but these will take years to explore and implement. The client is better doing his own search, in addition, unless he wants to delay the sale of his company. Delaying the sale, however, could cause a loss of eventual profit.

10. Is there anything else that the client needs to know about this situation?

It is perceived that the client is currently experiencing a high level of integration, is aware of future potentials and options but some days is lacking physical energy. He needs to pace himself as he is going to need this energy during the next six months as he pursues new options and opportunities. It is easy to burn out and not have enough energy when it is needed. He has others who can share these tasks. It is also wise to share tasks as this will aid others in learning and further their growth. He does not have to do everything even if he perceives others to be incompetent. Delegate low-competency tasks to those who are unable to carry out higher order tasks and only keep those that are essential to carry out himself.

2019 Notes: The client eventually completed all the necessary and complicated steps to sell his business, not for as much as he had hoped, but for a healthy sum, especially during a financial recession. I hope that my small contribution helped him achieve that goal.

Future Prediction

2019 Notes: Occasionally, in between traditional and non-traditional projects, the client would ask for future predictions. As a businessman who was dependent on the vagaries of financial dealings in the US and globally, any information regarding future changes were important to him. He acknowledged that not all the perceived information would be 100% accurate or useable but, he reasoned, some it might be helpful.

Also, around this time, 2007, the client and I were experimenting with an innovative form of mental perception which we called Biomind. Biomind used a combination of logic and intuition. The term Biomind had also been used by Ingo Swann but we were using it in a very specific way. This information might not have been available to either logic or intuition alone. While not remote viewing in its classical sense, it did produce important and useful information for the client.

Focus on Change.

Sunday, September 2nd, 2007.

Introduction

The focus of this project is on change! How do you foster and implement change? How do we need to change given the economic events that are predicted to happen over the next few years? How do we cope with the stress that change engenders? How can we anticipate, prepare for, plan for and implement the changes? How do we recognize inner change that comes about with external changes? How can we understand the implications of change and what will those changes be? How do we minimize stress as we manage change? Do we need to adapt to changes in our environment? How do we deal with these changes psychologically?

There is a counter-culture that feels that reacting psychologically in a positive manner increases our adaptation to change? Is this so? Or does a negative view of things help us accept change or is the positive thinking of the counter culture the way to go? Is negative thinking more effective? Is this a valid or constructive way of thinking? Is it a more realistic view of thinking? As CEO, the client wants to know which the best way is to deal with change. As an individual he needs to know the same thing. Do those with a negative world-view have more health problems? Should there be a

balance between negative and positive, creating a realistic and constructive response to change?

Can change be implemented incrementally or is it a dramatic event such as in Barker's paradigm shifts? Do some events require dramatic change? Change can be expected or unexpected, sudden or gradual, major or minor. Do people need to be forced kicking and screaming to change or can it be a natural process? What events in the past have signaled historic change? What about technological/industrial change? How have people reacted? For example, the Luddites reacted with suspicion and anger to industrial changes. What can we expect from the future?

Biomind Overview

You cannot talk about change without considering the term homeostasis. Homeostasis is the balance between stasis and change. Internally, our physical body is constantly in homeostasis: creating life-promoting balance. Homeostasis must also be considered when talking about societies, especially the interplay between society and biology. For example, following WWII, when many European and American males were killed in battle, more boy babies were born following the return of the remaining soldiers. Therefore, what we consider to be natural change and choice may be a biological response to circumstance.

The voluntary, large-scale urge to change is a modern concept. Until the Industrial Revolution, people did not move far from their homes unless there was a catastrophe such as war, plague, starvation, flood or drought. Invariable, generations stayed in one place, often in the same location where they were born. People also, usually, stayed in the same profession as their parents and rarely strayed from their social class. In many non-European/American-influenced countries this pattern persists. Voluntary change is a modern concept except among a small group of historical innovators who ushered in new concepts, and consequently suffered as they battled the status quo.

Change, too, can create stress and conflict, especially if the change is a large one or if several changes take place at the same time. Many people feel a sense of accomplishment when they have internalized ways to do things and disturbed when they must learn multiple new things. There have been innovators throughout history, but they have usually brought angst and

disorder before their ideas were accepted. Resistance to change is natural yet we constantly face change and challenge.

Historically, change was often precipitated by natural disasters or wars and people came to associate peace with lack of change. People sought out a peaceful lifestyle and this usually meant staying in one place and doing one thing, such as farming, fishing or local trades. However, cultures have always designated individuals to seek change on behalf of others: explorers who were commissioned by royalty, expeditions to seek new lands and trade routes, and sailors who charted new lands and seas. Change, brought about by permitted change-makers, was lauded and accepted. Innovators, who were not sanctioned by society, were often critiqued, even killed for their ideas. This position persists in modern society. Scientists and engineers are “permitted” to explore, experiment, innovate and implement new devices and products by society. The lone innovator is often severely critiqued by the establishment and, if the idea is deemed too “dangerous” to the status quo, the individual is ostracized and may even be killed. For example, within the fields of cold-fusion and alternative energy/medicine there have been strong societal censures, restrictions and penalties. It is only when sanctioned change-makers announce an idea, product or procedure that it is fully accepted by society.

When one considers major changes in society, they usually follow a larger change such as war or a natural disaster. For example, the UK’s National Health Service was brought about following WWII. It is as if people, who are already in turmoil regarding a larger change, perceive another smaller change as inconsequential. People seek positive changes to offset a previous negative change, such as a catastrophe or war, where there are windows of opportunity. Thus, new ideas have a chance to become mainstream. However, there are probably limits on the amount of change that can be accomplished following a war or natural disaster. There comes a time when people want a time without change. There is hope that the current state of war will be followed by some innovative and positive changes.

The concept of paradigm change is one that many people talk about but rarely put into action. Paradigm change involves a complete cessation of doing something one way or thinking a certain way to doing and thinking in a different way. Joel Barker states that “everybody goes back to square one” when a paradigm change takes place. He quotes the Swiss watch

industry, which was a leader in the field until digital mechanisms were introduced. The Swiss refused to change, and the Germans and Japanese became the leaders in the watch industry. Paradigm changes, according to Barker, are promoted by professionals and free-thinkers on the edge of established thinking, who act in a timely manner to bring about major changes in thinking and doing.

Chronological age also plays a part in the process of change. During childhood physical and psychological change is rapid and extreme external change is detrimental to normal development. In the late teens and young adulthood change becomes increasingly attractive and the better part of societal change occurs due to the efforts of younger adults. As individuals enter the 40's and 50's the urge to create change lessens as most adults process again through personal and physiological changes. Then another urge to create change occurs in the late 50's and through the 60's. But as older adults encounter ill health, the approach of death and the transit to another stage of existence, there is enough change in life where external change is seen as detrimental and to be avoided. A pattern is apparent throughout all of this. During times of personal psychological and physiological change, the urge to create and handle change is lessened only to re-emerge during times of latent personal change.

Currently, there is a large proportion of the United States that consists of individuals between the ages of 50 and 60, called the Baby Boomers. Accordingly, this large group of individuals is going through major, personal change and are resistant to external change. This state will persist for another ten or so years, when there will be a resurgence of innovation and change among this large group. It is perceived that the Boomers will eventually be seen to partner with individuals and groups in their 20's through their 40's to create great societal change.

In non-Euro-American countries, the Boomer generation does not exist. Countries such as China and India have experienced a blossoming of innovation and change as their younger adults are given the opportunity to be productive. With a younger overall population, there is more opportunity and capability for change. Consequently, it will be seen that major societal change will occur in these countries, with the US resistant to such changes for another ten or more years.

Questions:

How do you foster and implement change?

Considering factors mentioned in the Biomind overview everyday change is fostered and implemented:

- By individuals who are not going through personal, psychological or physiological change;
- Is best fostered by individuals with some authority in their field,
- Look for areas of expertise where a paradigm change is taking place and adjust your focus of change to match the new paradigm;
- Consider whether conditions prevail that follow a natural or man-made catastrophe and, again, adjust the required change to match the aftermath;
- Foster change that is not too frequent, too drastic or too extreme to avoid the stress and conflict that such change engenders; and
- Watch to see where “permitted innovators” are making changes and match your efforts to theirs.

How do we need to change given the economic events that are predicted to happen over the next few years?

There will be a need to change but change will be resisted by most of the US population. The bulk of the population is currently composed of Baby Boomers, persons in their late 40's to early 60's: a period when resistance to change is high. As more Baby Boomers enter the high-resistance-to-change mindset, the ability to implement change will continue to be challenged. As the Boomers pass out of the resistance phase, there will be a surge in creativity and change taking place within the United States and Europe in about ten years' time.

How do we cope with the stress that change engenders?

Understanding the stresses that change brings is important to coping with this type of stress. Change brings with it its own type of stress and this stress is age-related. Rather than write-off individuals who are stress-

resistant because of age, allocate change-tasks to younger persons or individuals who have already passed through the change-resistant phase. Individuals who are change-resistant can cope with small changes but are happy to follow the status quo until they re-emerge into a change-acceptance stage.

How can we anticipate, prepare for, plan for and implement the changes?

During the next few years, it is perceived that the US population will very much want to follow the status quo with little change. As war and other catastrophes occur and end, windows of opportunity will emerge for innovators to implement change. Individuals and groups can watch for these windows of opportunity and implement change within these periods. Also, as previously mentioned, within another ten or so years, as the Baby Boomers emerge from their change-resistance, there will be a surge of innovation and change taking place. Individuals and groups can prepare for such future times.

How do we recognize inner change that comes about with external changes?

There is a wonderful, ancient saying that goes “Know thyself.” Many people, as we have previously discussed, are not aware of changes occurring around them. The bulk of these individuals are within the Baby Boomer generation who are change-resistant. Those individuals, who are aware of change and their internal reactions to change, can usually be found in the younger adult populations and post Boomer generations. These are the change-acceptance groups. However, the Boomer generation is so currently influential in the US that younger change-accepters do not have the opportunity to instigate change. This will change within a decade as Boomers become more change-accepting.

How can we understand the implications of change and what will those changes be?

The implications of change will come about, as it always has, through education. Hopefully, within a decade, as more Boomers become change-

accepting and partner with pre-Boomer generations, positive societal change will occur. It is perceived that positive changes in politics, education, medicine, energy and communications will become apparent, as change is perceived as a natural process.

How do we minimize stress as we manage change?

Stress occurs as we manage change according to whether we are stress-resistant or change-accepting. We can manage stress brought about by change by understanding where we are in the age chain. Are we stress-resistant Boomers or developing from this state to become change-accepting? Are we post-Boomers who are emerging into a state where we can instigate and cope with innovation and change? Understanding where we stand will help people cope with change and how much they can handle.

Do we need to adapt to changes in our environment?

Yes, adaptation is always necessary as changes take place in our environment. That is how a society grows and develops. It is also how individuals grow and develop. We are constantly adapting to changes in our environment, both internally and externally through the process of homeostasis. If we did not adapt, we would die. Many change-resistant individuals die of stress-related diseases: cancer, heart disease, due to the inability to adapt to change. Thus, we are seeing a huge amount of disease and death within the Baby Boomer generation and efforts by the medical profession to cope. Unfortunately, they treat the symptoms of the diseases, rather than the cause, which is mostly change-resistance and subsequent stress brought about by the inability to change.

How do we deal with these changes psychologically?

There are several ways perceived as to how we can deal with these changes physiologically: The first being that the individual understands about age-related reactions to change and to assess to which group they belong. If they are within the Boomer change-resistance group, it is possible

that through education they can cope with change and avoid the physiological stress and illness that resistance brings;

Another tactic would be to make a conscious decision to become a change-accepting individual and thus to cope with change and its accompanying stresses; and finally;

To wait out the change-resistant phase by adjusting life to avoid major change and stress during this phase until they emerge into change-acceptance.

There is a counter-culture that feels that reacting psychologically in a positive manner increases our adaptation to change? Is this so?

Reacting positively to change, can, I believe, assist a change-resistant person to avoid the stress that change brings and therefore avoid the diseases accompanying stress. However, just reacting positively to change without understanding the underlying factors to age-related change-resistance will only go so far to help individuals adapt to change.

Or does a negative view of things help us accept change or is the positive thinking of the counter culture the way to go?

Both positive and negative thinking are already in place in societies' reaction to change. Change-resistors often have a negative mind-set as they resist and avoid change. Change-acceptors have a more positive outlook on life as they embrace and implement change. Changing a mind-set without understanding change-resistors and acceptors will only have a partial effect towards avoiding the stress of change.

Is negative thinking more effective? Is this a valid or constructive way of thinking? Or is it a more realistic view of thinking?

Negative thinking is the more natural mind-set of age-related change-resistant groups. It is more effective for that group as they are coping with major internal changes that bring their own set of stresses. A negative mind-set to external change is more realistic for this age group. However, the change from resistance to acceptance is not an overnight process but continues for a decade or more.

As CEO, the client wants to know the best way to deal with change.

The client is already emerging from his change-resistance stage to embrace change and innovation. This has been a gradual process for him, but he is entering a phase where change will become less stressful and create less disease for him. Understanding his current state is important to him to coping with change and its attendant stress. As he ages, he will find that he is becoming more change-accepting and more eager to welcome and implement new ideas. As CEO he can also understand age-related reactions to change and manage his company and employees accordingly.

As an individual he needs to know the same thing.

The same perceptions apply to the client's personal life. As he understands that he is emerging from change-resistance into change-acceptance he will begin to understand both his own reactions and the reactions of those around him.

Do those with a negative world-view have more health problems?

Definitely. Individuals who are change-resistant experience more stress and more stress-related diseases.

Should there be a balance between negative and positive creating a realistic and constructive response to change?

Negative and positive thinking, related to change, is often age and state-related. That is, individuals who are in a change-resistant state often view change negatively. Those who are change-accepting have a more positive outlook. An individual can voluntarily try and change their response to change, particularly towards the end of the change-resistance phase, and this may hasten the transition.

Can change be implemented incrementally or is it a dramatic event such as in Joel Barker's Paradigms?

Some dramatic changes occur outside of our control and management, such as natural catastrophes. Other less-dramatic changes can be implemented incrementally. However, historically, it appears that dramatic changes are the ones that bring about greater implementation of new ideas and ways of being and doing. As mentioned before, there are windows of opportunity following man-made and natural catastrophes during which innovative change can be implemented.

Do some events require dramatic change?

Most events, it appears, require dramatic change to be accepted. Any event included in a paradigm change is usually precipitated by a major change.

Change can be expected or unexpected, sudden or gradual, major or minor. Do people need to be forced kicking and screaming to change or can it be a natural process?

What I haven't covered in the previous overview or questions is the fact that not all change is for the betterment of society and not everybody, even if they are change-accepting, is going to accept certain changes. During the change-resistance phase, individuals are very much focused on the status quo. They may adhere to changes made in previous years and resist new changes, even if the old changes were negative for society and the new changes for the betterment of society.

Another factor is that of individual variation. While most individuals will become change-resistant while they are undergoing personal, physiological changes, not everyone will do so. Likewise, not everyone will emerge from the change-resistant phase into change-acceptance; some may remain change-resistant all their lives. People in this category may feel that they have been dragged through changes that they do not want or require. While most individuals may fall into the age-related, change resistance/acceptance roles, there will be individual, and perhaps gender, variation.

What events in the past have signaled historic change?

One event has already been noted, as it was in Michael Moore's film, *Sicko*. That is, following WWII many socially innovative, societal changes were made including the implementation of the National Health Service in the UK. Wars, natural catastrophic events and other major changes that are often outside the control of citizens are often beneficial in that they are the harbingers of positive, social change. There are many positive examples: such as building codes in Earthquake zones being reinforced following major quakes and water sanitation being implemented following cholera outbreaks in the 19th century in Europe.

What about technological/industrial change? How have people reacted? For example, the Luddites reacted with suspicion and anger to industrial changes in the 19th century.

There are certain conditions where individuals and groups can revert to being change-resistant. When livelihood is threatened, such as during technological or industrial change, when health is threatened through a deliberate or negligent toxic spill, or when one individual or group creates major, negative change at the detriment of a larger group, change-resistance can re-emerge. Unfortunately, this change-resistance can spill over into other changes, even positive ones, which have nothing to do with the precipitating cause.

What can we expect in the future?

It is perceived that within ten years, when the current Boomers are emerging from change-resistance and welcoming innovation from the younger group of change-acceptance individuals, we will see a dramatic series of political, medical, social, technical, educational, and communications changes taking place. Also following the cessation of war, windows of opportunity will be grasped by change-makers in order to usher in new ideas and actions.

5-7 Year US Projection.

July 7, 2010.

2019 Notes: From time to time the client asked for future predictions, knowing that this was a controversial process with philosophical and theoretical problems. However, he reasoned, in the process, certain insights could trigger a creative thought process that might prove to be problem-solving in present time. In 2010 the US was still in the middle of the Recession and for the client this was a dangerous and difficult time. This session was also carried out using Biomind: a combination of logic and intuition that the client had found helpful.

Introduction

The client has noted that it is commonly accepted that the world is in a terrible position and, probably, at the beginning of terrible times on Earth with death and displacement, different ways of living in the US and around the world. There will be new challenges that have never been found before.

Questions

What are the best ways to deal with these conditions over the next five to seven years? How will people cope during this time period?

The following two sections outline some thoughts on this followed by some more direct predictions for the years 2011 through 2017.

The major problem that the world (and particularly the US) will have to face is the “denial of entitlement.” Over the past fifty or so years the US has been a leader in a certain type of lifestyle that has practically been guaranteed to even poorer families. This “entitlement” has assumed that the comfortable lifestyle that has been enjoyed by many will continue indefinitely, even in the face of impending change. This expectation of a certain lifestyle has been copied around the world, particularly among the younger generations. This has led to whole generations now facing hard times that have no idea how to be adaptive or resilient.

The words “imaginative, inspired, inventive, resourceful, ingenious, and innovative” have no meaning for whole groups of younger adults. If you asked them what these words meant they would give you examples of

inventors and pioneers from the past, rather than current examples. There has been a steady decline in innovative thinking, discovery and invention with many Americans thinking “by rote” rather than with their whole brain/mind. Unless this changes the country is weakened and will continue to decline.

The American Empire is waning as these generations come to adulthood. All great Empires rise and fall and usually culminate in a huge societal change for the better. Take, for example, the decline and fall of the Roman Empire which encompassed a societal collapse resulting from the gradual disintegration of political, economic, military and social institutions. Other great Empires: The Byzantine Empire, the Third Reich, and the British Empire (many of whom, interestingly, had the eagle as their emblem) eventually fell and left a void into which positive societal change was able to take place. It is possible that we are witnessing a great change taking place and can view the events over the next five to seven years in a different light. As the negative changes of the next five to seven years come about, it will need innovative leaders to usher in a new era for America.

So, what can we do now to cope? When I first came to the States in 1981, I quickly realized that Americans are free to say, do and be whoever they want if they have a permit, a license, an authorization, a certificate, or other endorsement which has been granted by some governing body for which a fee has been paid. In fact, I soon realized that local, city, state and national economies relied greatly on these permissions and regularly update and modify these sanctions of public behavior and belief. I also realized that it did not matter what kind of person you were, you could usually obtain an authorization for some activity or behavior through filling out the necessary forms and paying the fee. Personal integrity, intelligence or reliability are not usually factoring in the granting of permission.

This has given rise to a citizenry that relies heavily on an almost-parental authority for nearly every facet of their lives. Refusing to go along with the system of permits and fees usually results in the individual, group or organization being denied certain activities and a “voice.” However, as we go through the changes brought about by natural and civic events over the next decade, there will need to be a rise in innovative thinking to deal with new situations. How this will happen is unclear but will probably occur through the appearance of speakers and thinkers who will, at first, be

decried and denied but who will later be viewed as New Thinkers for a New Era.

2011

Nothing much changes, there continues to be a steady negative decline in the economy, loss of homes and loss of jobs. The future is anybody's guess, and nobody seems to take responsibility or want to make any changes. There is the potential for change but there is an ennui and lack of interest in change.

2012

There is a feeling that the country is defenseless yet strong which seems a contradiction in terms but brings about some major changes. Local, city and state governments are given greater leeway to govern and most people are happy about these changes. Central government does not seem to have as much authority as it has in the past.

2013

There is a greater cooperation between local, city and state governments across the country resulting in a net-like governing pattern rather than the tree branch-like pattern of the past. There seems to be greater communication across the country and more involvement by individuals in the running of the country.

2014

Despite some major problems with mass communications and travel most people view these changes as necessary to bring about change and reform. Most people are willing to put up with a certain amount of disruption for things to change.

2015

A feeling of strength, the country is stronger yet not richer, as resources are poured into rebuilding and refinancing what has been broken

down. It is perceived that the average individual and family have less than they had five years ago but are stronger and happier than they had been. There is a sense of hope for the future and a rebuilding of the country.

2016

There is a rebuilding taking place with individuals adapting to new conditions with new ideas. There is reform in the air despite a lack of resources and leadership. Centralized education seems to have changed to smaller groups spread out over communities with everyone giving time and effort to rebuilding.

2017

Many projects are coming to fulfillment and completion and new initiatives are being taken. There is more personal responsibility and less reliance on centralized government. There is a sense of hope for the future.

2019 Notes: While not all these predictions were accurate or timely, we are seeing much of what was predicted as happening now in 2019. There is still room for hope and optimism as we process through a time of chaos.



Postscript

In 2002/2003 a remote viewing colleague, Prudence Calabrese had been planning to work with Jay, but she made a personal decision, at that time, to leave the remote viewing community. The client was then looking for another remote viewer, and Prudence, very graciously, suggested me. Prior to her leaving the field, Prudence had mentioned the client in a personal email; that she was planning on traveling to New York to meet him and she seemed very excited at the prospect of working with him. However, under mysterious circumstances, Prudence then announced that she was leaving the field and basically disappeared from all emails, social media and personal contact. Friends of hers said that she was fine, but she had come under scrutiny from a strange group that harassed her, and her family and she felt the need to leave.

Over the years that I worked with Jay, I often felt that there was more to him and his companies, but he always declared his distaste for government, despite many of his projects being applicable to national and international security. He was always very open about his interests and his company, although I later learned there was much that he did not share with me.

From February 2003 to December 2012 I was on a roller-coaster ride with this innovative, interesting and enigmatic client. In the final years of our working together I was on a healthy, monthly financial retainer. Over almost a decade, we pushed the envelope of what remote viewing could be used for and it certainly made me a better remote viewer!

In 2012, Jay sold his home and business and decided to relocate to Australia. I assisted him with research projects to identify likely places to relocate and Jay emigrated towards the end of 2012. For a while he seemed settled in Australia and talked about setting up a metaphysical community but gradually, it became apparent, that there were no further remote viewing projects. So, in December 2012, Jay and I parted company. Later, I learned,

he had become sick and returned to the US, where he sadly passed away, a few years later.

After his passing, I decided to satisfy my curiosity about this enigmatic client and began an Internet search. This was based on some intriguing but unsettling questions. For example, in 2008-9, I spent six months in England to see if I wanted to retire there or if I still wanted to stay in the States. The move was with the full approval of Jay who said he would work with me, wherever I was, if I had Internet and phone access. I am glad that I had the time in the UK, but I realized that I no longer fit in England, I have become too American, and I came back to Nevada in the spring of 2009.

When I returned, I sent a change-of-address email to Jay's office and, somehow, got onto a military-industrial mailing list based out of San Diego that managed advanced applications conferences! I almost threw the mailings away but, out of curiosity, read the conference brochures and had quite a surprise. One of the major conferences in San Diego focused on something called Asymmetric (or Unconventional) Warfare and the attendees featured many military services and defense contractors.

I had already learned, through some earlier browsing, that there was a company in Virginia, with the same name as the client's company, that researched global information for the government. But I could not find any link to Jay's company, so put it down as an interesting coincidence. There were other companies around the US, too, with similar names with similar objectives: computer information, electronic device development etc., but, again, no link to Jay's Manhattan office.

Now in the conference proceedings, I came across one of the presenters, a Navy Captain, who was affiliated with one of the look-alike companies; and he was presenting under my client's company name at an Asymmetric Warfare conference! So, I began another Internet search and found something very interesting – the Smoking Gun! I found an international visa document that was obtaining permission to bring an overseas employee to the States. At the top of the document was information related to the Virginia office and at the bottom, my client's name and the address of the Manhattan office.

I felt a little uncomfortable having this information but reasoned that Jay probably couldn't tell me everything he was doing, probably had several levels of security clearances and told me just enough for me to do

my work. The positive side was that finding this document confirmed my uncertainties about the work we were doing.

When I looked back at some of the earlier projects carried out for Jay, I found one session (Project X that was not included in this book) that looked at the future of his company. I believe that I was subconsciously aware of the wider form and function of his companies, even back then.

“The new business is perceived to take the form of a federation or coalition. The client's company is the pivot or focal point. Many small private companies come together with a mutual agreement to work under the umbrella of the client's company. Rather than each small company being autonomous, they form a larger unit. Just as each organ in the body is composed of smaller cells, the new company is formed of these many smaller companies with the client's group providing the direction, the resources, and the management. These smaller companies are international in nature and encompass many functions. Some have education as their focus, others distribution, others innovative packaging and marketing concepts, and others the manufacture of products. No one company provides all of the functions, but the coalition of companies provides a gestalt that provides all of these services and functions.”

Do I regret working with Jay? Not at all. We had a wild ride, covering many interesting topics and traveling many unexplored avenues. The Exobiology projects formed the basis of my co-authored book, ‘*Voices from the Cosmos*’ with C. B. Scott Jones and I have finally been able to share many of our innovative projects in this book.

As I mentioned at the beginning, Jay “pushed the envelope” of remote viewing and should be viewed as a pioneer! And in “pushing the envelope” Jay made me a better viewer.

He would always ask at the beginning of a new project, “Is this possible with remote viewing and is there a way we can make it work?”

Together we made it work!



About the author

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